

C a s s a n d r a P a t t e r s o n

the Shadow *Work Journal*

Transcend Your Dark Side and Discover Your Highest Self.
Guided Prompts to Understand Your Emotional Triggers,
Heal from Past Traumas & Love Your Inner Child



THE SHADOW WORK JOURNAL

*Transcend Your Dark Side and Discover Your Highest
Self. Guided Prompts to Understand Your Emotional
Triggers, Heal from Past Traumas & Love Your Inner
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Your Vision Only Becomes Clear When You Look Inside Your Heart.
Whoever looks Outside, Dreams. He Who Looks Within, Wakes."

CARL GUSTAV JUNG

INTRODUCTION

As we all go about our days, we have an opportunity to experience all of the emotions and feelings that any other person would. But for those that find some of those thoughts more distressing than others, there is no shame in recognizing that your inner self needs a break.

That's where this journal comes into play. It's nothing fancy, just an old notebook with one section for each day. There are no rules, no goals, and no expectations. All you need to do is to try and take a few minutes out of each day to write and vent.

It's your personal time, but more importantly, it will be time for you—all about you. And if nothing else, that simple reminder may help you put life into perspective, even if it's just for a little while.

It's going to be an exciting journey. You'll learn skills, find new things about yourself, and gain a greater appreciation for the world around you.

But most importantly, you'll save yourself from the stress and strain of overthinking everything all the time. You will learn to take a step back and observe your thoughts with a sense of detachment—almost as if they were someone else's. From there, you can get outside yourself long enough to make some changes that will benefit you in a way that only you will understand.

When this journal is all filled up with your musings, take a moment to reflect on how far you've come and think about what it was like when you started. It should be an enlightening exercise. But if you feel like there's more work to be done, the next step is just a page away.

The Shadow Work Journal is designed to put you back in control of your thoughts and your actions. You can use it to help clean out the clutter so that you can get down to what matters.

While this journal does have a pretty solid starting point, don't be surprised if you find yourself wanting more. I've talked to varieties of people over the years, and the more they use this method, the more they discover. The more they find out about themselves, the more they want to learn.

It's good to have goals, but it's better to have a journal that doesn't require you to set things into motion. Once you get your feet wet with something like this—without making any firm plans for what you want—you're free to be flexible. You can always create another journal if you need something new and exciting.

And when that happens, there's no better feeling than knowing that your thoughts have gotten in line with reality—even if it's simply for a little while.

Because it's not just about getting things done. It's about accepting who you are and finding a way to enjoy it.

Life has changed for the better. Although days are still twenty-four hours long, there appears to be less time in the day. Time isn't disappearing; just free time is. How is it possible? We are in the midst of the wealthiest period in human history, and affluence is meant to bring leisure. New tasks have crept into our days gently, subtly, even covertly, nibbling away at leisure time like the water eroding sand from the beach. We find ourselves doing a slew of jobs we never asked for, chores that popped up in our lives without our knowledge. They're the tidal wave of shadow work that's about to hit.

All of the unpaid duties we perform on behalf of corporations and organizations are referred to as shadow work. Even when we pump our own gas, scan, and bag our own groceries, make our own stock trades, and build our Ikea furniture, most of us are unaware of it or how much of it we are doing. Countless shadow jobs have crept into our daily lives, forming habits while we drive our children to school or have lunch at the salad bar. We aren't slaves in ancient Greece or peasants in medieval Europe, but we are laboring for nothing nonetheless. Shadow work has introduced a new aspect to the modern lifestyle: middle-class serfdom.

Shadow work isn't a minor annoyance that takes up time on the outside of life. It's a fire-breathing dragon that runs throughout the industrialized globe at all hours of the day and night. Currently, millions of people are engaged in shadow work: It's as ubiquitous as traffic lights, Facebook, and weight-loss advice. Those ubiquitous computers smuggle in tons of shadow work, leaving us to delete spam, book travel, and manage dozens

of usernames and passwords. Gift cards, which give you the duty of choosing and buying a gift for yourself, come wrapped in shadow art. Filling out your tax return, as well as punching through endless phone menus and waiting through recorded announcements—with the inevitable "Please listen carefully, as our menu has changed," which begs the response, "No, your menu hasn't changed in two years, and I'm not going to 'listen carefully' to this robot voice.

WHAT IS SHADOW WORK AND HOW CAN IT HELP?

We all wear masks as a way to cope with life and protect ourselves. We can sometimes get so comfortable wearing these masks that our true authentic selves get lost in the midst. I'm thankful that I've never really cared what others think about me because I believe it causes confusion to take on the opinions of others. There may be emotions that we do not express well or often. There are some things that we find difficult to change about ourselves. Some of these things prevent us from operating from our highest self. We all have this dark part within ourselves, which is necessary to recognize to improve our lives.

The shadow is simply the invisible aspect of the self that includes our thoughts. Deep inside, we have another personality that we usually hide from those around us. Our fears, insecurities, memories, experiences, and emotions are housed in the subconscious mind to form a complete yet often disassociated consciousness. Disassociation is the disconnection between you, your emotions, memories, surroundings, and your perception of time. All of us suffer from disassociation at one point or another. Let's be honest every time you feel bad inside but come into work and pretend to be happy, you are lying to yourself and others, and most likely, it's out of fear of being judged.

Shadow Work is all about learning to stand in your truth no matter what! We have been duped into insanity by force and choice, and we need constant reminders that we are simply human and perfection is a false construct. Due to our miseducation, we constantly become conflicted with ourselves because we're living in between multiple realities. We have the world view, social views, and family views, and somewhere in there is our very own perspective.

Unfortunately, shame and guilt play a huge role in our self-conflicting dance amidst false realities we struggle to get away from. The crazy thing is we can be lost in this world and feel like we are on the right path. It's because we've been taught people to please and work for others instead of focusing and nurturing the gifts inside of them. What we forget is that we

all have an innate gift to help one another using our gifts which are sometimes referred to as psychic powers. Not to be fantastical because it wouldn't seem so crazy if we followed our intuition instead of being led by the world.

Many of our behaviors and what we identify with stem from learned behaviors, life experiences, DNA, miseducation, and traumas. These events are then coded and embedded into our minds and become a part of who we are, whether we know it or not. Simple changes in our environment can modify our gene expressions. For example, there are genetic changes that can increase the predisposition to both major depression and certain anxiety disorders. Epigenetics is the study of our DNA and how our genes can be switched on or off and usually have to do with environmental factors like life at home, work, or in social settings. Modifications made to gene expressions can be reversed and have either a negative or positive effect biologically, spiritually, mentally, and emotionally.

Epigenetics states that both biology and environment play a role in an individual's behaviors. Imagine identical twins whom different families raised. One of them is an amazing young man who gets excellent grades and is very loving. The other can't get good grades, is always angry, and struggles to keep up with his peers. Although they were born with the same genes, the one with great grades and attitude was raised with a supportive family who showed tons of love and support. The other young man was raised in a home where there were tons of anger, aggression, and no positive reinforcements. These brothers had totally different parts of their identities nurtured in their homes, activating different gene expressions.

We all have parts of ourselves that we may not fully understand and emotions that we do not express, well or often, and that's just a part of life. Some things are so embedded in us that it makes it difficult to part with. Once I became aware that I struggled with codependency, I couldn't unsee it. I struggled so hard to ignore it, but eventually, it began to show up in my relationship. I looked at my mate totally different. I started asking myself questions like, "Does he really deserve you? Why are you with

him? Do you really love him?" I was blinded and led astray and totally missed that this relationship was a distraction from my path.

These are the types of situations that prevent us from operating from our highest self. When we act impulsively from a place of loneliness and desperation, we put ourselves in a place of misery on our own. We all have this dark part within ourselves, which is necessary to recognize to improve our lives. However, no matter what we may think or feel, we are each created perfectly in our own right. In our search for our identities, it's natural to have constant ebbs and flows. Change is inevitable, great for the soul, and our personal development. It's when we're uncomfortable and challenged when we either crack under pressure or rise to the occasion.

It can hurt and be difficult to accept that we have made bad decisions or acted impulsively. Trust me, I can be pretty impulsive and regret my impulsive behavior later. What I learned is that my impulsiveness is a gift in part. When I act quickly, I prove to myself how courageous I am and when my impetuous behavior heeds negative results, I learn that those are times when I need to place more thought into my endeavors. Every emotion is teaching us lessons. Our shadow self-works to make us better. It's a part of us that can benefit from training and fine-tuning.

It's unrealistic and can be dangerous to believe everyone is good and always on their very best behavior all of the time. Some people were born with resources that allow them the self-confidence to own and walk in their personal power. It takes much willpower to operate a human mind effectively because they can become dangerous weapons. Just think about it. Can you recall the last time that you were with a group of friends having a conversation? Someone said something that made you go within your mind and say to yourself "Oh wow, did she really just say that?" and as she continues to talk, you continue to judge her silently. Although you didn't say anything for the others to hear, you have now seen this friend in a different light and you begin to treat her differently without having gained insight into what may have caused her to act in a way that you disproved of. This is how we communicate with our shadow self or higher self, if we will.

We can also define the shadow more poetically as the dark part of the soul. The shadow is constantly expressing itself in concrete reality one way or

another. As the saying goes, what's done in the dark comes to the light! It lies dormant within us, absorbing our interactions and experiences while helping us process, perceive, and determine if we're in danger and often surfaces to protect the ego. We are either aware that this part of our personality exists or allow it to surface and take control.

The shadow has a huge job, helping us make choices, checking whether or not we are safe, and proceeds to help us act most effectively to reach our goals. Our shadow, emotions, and logic are here to help us recognize our environment and maneuver in it for the betterment of humanity. They exist for our growth and understanding.

The shadow is the territory where the unconscious mind gathers, both at the collective and individual levels of experiences. It takes into account feelings, images, and symbols that can be personal and universal! It is neither good nor bad. We are the ultimate technological advance. After a certain time, we have to go through upgrades so that we can adapt to our ever-changing world.

There are lessons in our anger, fear, and greed. Are we aware enough to recognize them as lessons? Are you willing to look within and notice you may have a spirit of anger, accepting that this anger is teaching us to express ourselves when feelings or thoughts come up instead of allowing these things to fester? Anger shows us what rage can do by harming others with our words or actions.

Fear warns us that we are close to the limits of our comfort zone. When our comfort zone is in danger, fear shows up to either keep you safe or keep you from pushing forward and fulfilling your goals. Our fear doesn't just arise when something bad is going to happen. They also show up when something good can result from our actions. Believe it, or not, many of us cannot always determine that when fear shows up it's challenging us to step outside of our comfort zone so that we may succeed as well.

Manipulation also has a lesson in it for the person being manipulated and the manipulator. For the manipulator, the lesson they can learn is that they may get what they want directly if they ask for what they want directly. If they don't get what they are seeking, then it's time to find another way. They may need to learn to love themselves and restore their self-esteem.

For the one being manipulated, the lesson can be to set clear boundaries and stick them.

Guilt also lurks in the shadows and is usually combined with feelings of shame and anxiety, leading to depression. When someone is dealing with guilt, they may need to be overly apologetic over small nuances. This strong emotion can make us feel worthless knowing we did something that caused another damage. Guilt is teaching us to do unto others as we would have them do unto us.

All of these are difficult for us to recognize as components of our personality. If we don't address these issues and get the help they become a part of our identity. We tend to be embarrassed by these aspects of ourselves, which causes disassociation. It's normal to want to be accepted by others, but sometimes we must put ourselves first. How can we know parts of our personalities if we choose to deny that they exist? The unnamed issues we deal with must be identified and named so that we can work on getting over them.

When our intentions are good, it isn't enough. Our choices must be good, and our actions must reflect what we want to feel, internally and externally. What we expect from others, we must exude ourselves. One thing we must remember is that we are the original computer. We are coded and programmed, and our minds and emotions are the processors that filter our experience on this planet.

Each emotion and disturbance that we are faced with comes to slow us down and teach us lessons. The shadow teaches us to be proactive to reduce our need to react under stress. Once we learn how to manage our emotions, we strengthen our foundation without causing self-harm. So what if we don't always get it right but, with the tools we have, we can improve our chances of having better outcomes.

My light is capable of shining bright at all times, but I know that the depths of my darkness are deep. I find myself constantly trying to control the darkest part of me that exists for my protection. In my case, it's a definite must. Although I have the tools to control my emotions, I'm very aware that it's also just as easy for me to tap into the darkness that also dwells within. It's for that reason that I push myself to do the work.

Getting to know your shadow

The shadow starts to form during childhood and forms continuously throughout our lives. It is a product of natural ego development and socialization. Socialization is the process of learning to behave in a way that is acceptable to modern-day society. This conditioning creates biases and judgments in our social structure. It is also the main reason we are always in conflict with ourselves. We begin to dilute parts of ourselves for others to be able to digest all that we encompass, and honey this is bad for business. Before you know it, you know more about your CEO than you do about yourself!

Emotions are part of our shared humanity (collective consciousness). As we grow up, something happens. Over time we are socialized from daycare to college. These institutions are teaching us to do away with the qualities we were born to nurture and dedicate our lives to slavery for the comfort of greedy individuals playing God by manipulating the masses. We are taught our individuality threatens world peace. Societal pressures can force one to feel that their inner feelings, attachments, and choices are bad, causing us to retreat and hide our true selves from others.

When we reach this level of understanding, it's usually in our early teens, in the rebellion stage, testing these limits. We're discovering our sexuality, learning who we are, honing in on our skills, and developing ourselves for adulthood. Our environment begins to change, and we're introduced to another level of life. We're making new friends and are influenced by our peers. At this point, we start learning about rejection, heartbreak, friendships, and fears. We take what happens here into the rest of our lives. Without positive reinforcements, it may take us a while to tap into our potential and find our purpose.

Keeping the shadow balanced is tough work. We are naturally both positive and negative. Some folks feed off negative energy, and others thrive off positive energy. There are universal laws that require us to think of the consequences of our actions. It's easy to point a finger and place blame on others for our downfalls. Learning to take responsibility, even when your intentions are good, but your actions hurt someone else. Some of us can be stubborn to a fault.

Taking responsibility looks like apologizing when you're wrong, changing a behavior that harms others and simply just admitting you're wrongdoing. We can be quick to deny that we're wrong, but we can come back from that once we do. We step outside of ourselves and learn how each person is different. We know not to take offense to frivolous issues and that everyone is different. Keep these things in mind as you continue to read further.

Each emotion and disturbance that we are faced with, comes to slow us down and teach us lessons. The shadow teaches us to be proactive to reduce our need to react under stress. Once we learn how to manage our emotions, we strengthen our foundation without causing self-harm. So what if we don't always get it right, but with the proper tools and insight, we have we can improve our chances of having better outcomes.

My light is capable of shining bright at all times, but I know that the depths of my darkness are deep. My reality allows me to honestly say that I can't promise to show up my best self-100% of the time, but I will push to show up my best self-71% of the time. I find myself constantly trying to control the darkest part of me that exists for my protection while having an inner standing that it's also for the protection of others when I'm able to bring myself peace. In my case, it's a definite must. Although I have the tools to control my emotions, I'm very aware that it's also just as easy for me to tap into the darkness that dwells within since I spent most of my life in a state of fear and anger. It's for that reason that I push myself to do the work.

HOW TO USE THIS JOURNAL

The purpose of this book is to share the struggles and the tools to use to manage stress and take on life despite living with depression and major anxiety disorders. It can be tough to navigate through the many unique healing modalities and spiritual practices. My knowledge comes from my educational background and life experiences. I believe that access to stress management and the demystifying of ancient healing techniques is necessary for those interested in learning the way. Too many times, we give up our personal power without realizing it! We hold on to emotions like anger as if it hurts the person who pisses us off. This is what shadow work is all about.

Shadow work is the process of bringing the hidden parts of the self into conscious awareness. To be happy and vibrate higher, we must unpack the baggage we've collected over time, the hurts, pains, and failures from our past. We must address and name our shortcomings. The more I awakened to my imperfections, the easier it was for me to accept my flaws, change my habits, and manifest the life I wanted. I didn't have to always allow my emotions to get the best of me.

Of course, I didn't want to own up to the fact that I was hot-headed, insensitive, judgmental, and not really a great friend. I wanted to blame it on anything other than myself. The truth, though, is that I was projecting my pain onto others. If I hadn't come to this realization, I wouldn't be able to make the necessary improvements in my life. I wouldn't be able to love me fully or appreciate the crossroads that we often come to as we grow into our amazing selves. My spirituality and mentality depended on me being able to judge my own actions as I judged others.

A spiritual journey can be a form of spiritual and mental healing or escapism. No judgment passed if escapism is a person's go too. We've been programmed over and over again by religious teachings, political manipulation, and propaganda. Escapism is a temporary relief from these pressures. But for lasting results, integrating the shadow can expand your mind increase your self-awareness while enhancing your productivity and creative abilities. Our minds are always working, taking in information,

compartmentalizing, and thinking. Sorting out the reason is a task, especially when you haven't even figured yourself out yet. When you are in denial about your true nature, you're not able to experience true peace of mind.

You may even cause more harm to others than good. Too many times I've witnessed spiritualists fall in love with the teachings without applying them to themselves. I've caused damage and have been harmed due to this. It's like you have put yourself on a pedestal to appease the Ego. The Ego is the shell that we adorn and present to the world. The scary part of a human shell is what's encased within it. You can see a body for what it is but the mind is an expansive world to be discovered in itself. One can hide anything in it. The soul is yet another vast layer that makes up a human. The mind, body, and soul have wisdom ingrained in them that sometimes logic cannot explain.

We hide behind masks every day to cope with the hustle and bustle of life's sometimes exhausting patterns. I always have to note that life is filled with illusions that are meant to keep us from evolving into the gods that we are meant to be. It's important to me that I know who I am because then I can truly have compassion and understanding for others. Accepting who we are is a humbling experience. With knowledge of self, you have knowledge of everything. Your wisdom reaches the heavens when you declare who you are. Nobody has the ability to manipulate you into thinking that you need to be anything other than YOU! Your senses become heightened, and your power of discernment is greater. You begin to learn to break free of low vibrational energies that come to lie, steal, kill, and destroy. First, I had to slay some of my own demons to reach this space by removing some of my emotional baggage, bad habits, and by facing my own shit.

Removing emotional baggage from the subconscious creates space within your mind that allows you to retain more information to make positive changes. I'm not suggesting that you forget what you have had to overcome; I suggest that you accept it and begin to let go of the emotions connected to the baggage itself. It can mean forgiving yourself and those who've contributed to your pain. This is indeed the first step of moving forward. Letting go of the past, living in the now, and forgetting about the

future. "You know what? FUCK all this shit!" This is what I had to tell myself after studying almost every religion to find where I fit in at. I was seeking to give all of me to what already existed inside of me. I'd sit in mosques, churches, temples, and yoga classes seeking to become closer to God. No lie, all of these things absolutely got me closer, yet I needed to take proper action to get me a step further. Then one day it hit me! God made a way to exist inside of me, whether I knew it or not. It was my responsibility to tap into his frequency.

We are God-simplified and forever evolving. I could be wrong, but I promise that's the message I heard in every spiritual practice. I hoped that I wasn't the only one receiving this message. I could tell that many of us are afraid to declare the dwelling of power so sacred. Awakening the God Sense begins with stepping outside of yourself. It's like magic begins to happen right before your eyes. Your vision extends beyond measure, and you regain bits and pieces of yourself that you've lost along the way. You discover that you didn't actually lose shit; you just forgot by way of brainwashing done on a large scale by society.

You realize that nobody knows shit, and we're all searching for forms of happiness and a way to escape death. You're able to drop those debilitating thoughts and push past that voice that tells you to stay in bed, to yell when you're angry, and break promises that you've made to yourself and loved ones. You become disciplined, and it becomes easier and easier to resist repeating cycles that show up in life. It all starts in the shadows. Here's where my shadow work begins and how I'm transcending above my circumstances and struggles.

TIME TO BEGIN YOUR JOURNEY

"There is no light without shadows and no psychic fullness without imperfections. Life requires for its fulfillment not perfection, but fullness. Without imperfection, there is neither progress nor growth."

CARL GUSTAV JUNG

Checking Your Readiness

As mentioned earlier, Shadow Work is not for the faint of heart. Not everyone is in a place to do this work. One really has to be ready. This journey is long, sometimes extremely difficult, and, at times, tremendously painful. To check your readiness, ask yourself these questions and be completely honest with yourself:

Do I have a love for myself or at least self-compassion? If your answer is “no,” then Shadow Work will be too overwhelming. Shadow Work should not be attempted by those who have poor self-worth or struggle with self-loathing. Before you walk this path, you must have at least somewhat of a healthy self-image otherwise, you will beat yourself up and just make things much worse. Having at least an average self-worth is extremely important.

Will I make the time? You have to be either all in or all out. Shadow Work requires dedication, self-discipline, and persistence. You have to carve out time each day to dedicate to Shadow Work. Even just 10 minutes a day is a good start. It’s also essential to take a scheduled break from time to time. Perhaps take a day or two off each week to allow yourself the time needed to absorb what you have discovered or accepted.

Am I looking for validation, or am I seeking to find the truth? Shadow Work isn’t about making you feel validated. This work can be brutal and extremely confronting. This is a path for truth seekers, not those who are seeking to be justified. You must be courageously honest with yourself. Self-honesty and integrity are absolutely essential for Shadow Work. It’s easy to give lip service to these qualities, but you have to be willing to see unpleasant qualities in your behavior and personality.

It can be painful and even scary to come to terms with your disowned parts. It can be daunting to see and accept your insecure selfishness and oppressive nasty parts. You will need great courage if you are going to take an honest look at your attitudes, behaviors, dark thoughts, and emotions. The rewards are worth the hard work and excruciating pain, as these honest confrontations with your Shadow will help to heal the splits in your mind. This work will unlock more of your creative potential,

opening up a world of possibilities for your mental, emotional, psychological, and spiritual growth and development.

* Are you truly ready for Shadow Work?

Approaching Your Shadow

Center Yourself

To get constructive results from getting to know your Shadow self, you must first be centered in your Self. The Shadow is really the collection of various parts hidden within your psyche. You can only get to know these individual parts from your Center. If you're not in your Center, one or more of these parts will positively hijack the process. This can cause judgment, criticism, and confusion which will prevent you from being able to integrate your Shadow and grow.

It is important to be in a calm, clear, and unbiased space before you begin working with your Shadow. You need to be relaxed while you are doing Shadow Work. Perhaps spend a few minutes with a calming meditation or mindfulness technique before approaching your Shadow each day.

Cultivate Self-Awareness

We have to be able to quiet our inner critic and other types of judgment (inner and outer) while staying aware of the present moment. We need to have the ability to observe and reflect on our thoughts, feelings, and behaviors to be able to see our Shadow. This self-reflection and self-awareness will help us to examine and evaluate our feelings and emotional reactions without judging or criticizing them. By holding your Shadow aspects in your awareness, you will be able to see them for what they really are. Ultimately, they are rising and falling phenomena in the mental sphere that don't define you or who you really are. Gaining an understanding that you are not your thoughts is essential for Shadow Work to be truly liberating and healing.

Exercise Self-Compassion

It is important to be able to accept and be friendly with yourself while doing Shadow Work but to be able to look at your internal dark stuff, unconditional compassion is absolutely required. It's nearly impossible to confront the dark side of your Shadow if you're hard on yourself when you make a mistake. Shame and guilt have no place in Shadow Work. These make it impossible to get anywhere. Transform any shame or guilt that you might be carrying into self-acceptance and self-compassion. You can start with accepting your own humanness. Shadow Work will absolutely backfire on you, making things much worse, if you don't show yourself some love, understanding, and compassion. To release shame and guilt and embrace your humanity, focus on breeding self-love, compassion, and self-acceptance.

Record Your Discoveries

Our disowned parts will elude us like a dream slipping out of our minds soon after waking up. Because of this, it is vital to record your new discoveries about yourself and your Shadow. In fact, you'll want to record everything you find. Reviewing the recordings later will help to instill the new discovery into your awareness. Document your dreams, observations, and analysis to help you grow more effectively. You'll also be able to keep track of your process to make important connections as well as to measure how far you have come.

Watch for Your Triggers

As you're working with your Shadow, you'll find yourself becoming more aware of your triggers, including the little things, as well as increased awareness as to why those things trigger you. Jung Said, "Everything that irritates us about others can lead us to an understanding of ourselves." Be open to your feelings of jealousy, anger, frustration, irritation, grief, anxiety, shame, embarrassment, and even blame. Each of these emotions are presenting you with an opportunity to work on something in your Shadow.

Understand, however, that our triggers aren't always things that repel us but also those things that we seem to be drawn to. While these types of triggers might feel good, there might be something in your Shadow that needs to be explored. Perhaps there is a nice gold nugget to be had!

Ask for Help

If you have been through trauma that you haven't yet worked through, Shadow Work can be destructive without guidance from a professional. It's time to seek a licensed professional if the thought of looking into your Shadow causes too much pain, suffering, fear, or if you are afraid that you won't be able to handle what might come up. You have to feel grounded and accepted when doing Shadow Work, and a nonjudgmental therapist can help achieve this. Just make sure that you are gaining your own tools to help you validate and accept yourself as you work with a professional. This becomes more and more important as you face the more difficult feelings and Shadow parts.

JUNGIAN PSYCHOLOGY

Jungian psychology was developed by the Swiss psychiatrist, Carl Gustav Jung. Jung's theories have been influential in many fields outside of psychology, including philosophy, anthropology, archeology, literature, and psychotherapy.

The word 'archetype' is drawn from the ancient Greek language and means "original model." Archetypes are universal patterns or models of our experience which are carried in the collective unconscious. They are constantly emerging in symbols in all areas of life—in religions, arts, and sciences. The analysis of these symbols helps us to know ourselves better.

Jung's analysis of myths and symbols can be used for self-discovery and in therapy. His wife, Emma Jung, assisted him, who also developed her own psychological theories. This article will provide an introduction to the different aspects of Jung's theory.

Assumptions about Psychological Growth

Jung believed that human development aims to become more mature by achieving a balance between the active and passive sides of our personality. In order to do so, we must learn to integrate our opposing instincts—for example, we need to accept our instinct for aggression without being dominated by it or denying it altogether.

Jungian Theory

The term 'complex' refers to the relationship between opposites. The four archetypes are The Animus /Anima, the Self /Shadow, the Wise Old Man/Wise Old Woman, and the Trickster. They are self-developing and help us to become more mature. In Jung's system, any human being has a complex which can be represented by one of the archetypes (the Animus or Anima).

The Animus is a male counterpart of the female's unconscious or imago (a hidden inner image or ideal). He is usually a powerful and seductive character who is generally depicted as being very beautiful. The Animus is different from the Anima in that he has more rational and analytical tendencies, whereas the Anima tends to be more emotional and intuitive. He would also tend to dominate the Anima.

The Wise Old Man is an archetype that appears at various life stages as a wise man who teaches the way of living, a wise old woman who teaches one to think, and a trickster who lives outside society's laws.

The Trickster's personality can come up in art, literature, or drama—in these forms, it is often very comical or often uses his/her knowledge to make us laugh. The beautiful elf-like fairy characters are also made up of this archetype.

The Self is the archetype of wholeness and the totality of our being. It is the center of our personality and a spiritual force that unites all opposites. The Self is a mediating factor that can turn opposites into a whole without losing individuality or vice versa.

For Jung, individuation is the process of becoming whole—this means developing to one's fullest potential. To do so, one should differentiate between oneself and another person—this process may take place through dreams, active imagination, or active meditation.

Jung believed that pathological symptoms are often an expression of an unconscious conflict and represent an essential step in personal growth if properly understood. For example, a neurotic symptom can be a sign that the unconscious mind is trying to communicate with the conscious world.

The Collective Unconscious

In Jung's theory, there is a psychic realm outside our individual consciousness and which can be accessed by everyone. The collective unconscious is structured and organized in archetypes—the cornerstone of personality.

Symbols have an objective existence—they have personalities of their own, and they are not just reflections of our minds or personal experience. They are universal patterns that occur at all times in all places, in every human culture. The collective unconscious is made up of archetypes that are innate in human beings and are the product of ancestral experiences.

The Archetypes function as a 'language' that we can use to understand our own lives and those of others. Archetypes represent the totality of life, such as love, death, wisdom, and whatever makes life worth living. They are not merely symbols—the archetype represents something that cannot be reduced to a concept or definition; it is something even beyond our comprehension.

Jung was against the idea that in order for anything to exist, there had to be conscious awareness—as he believed that everything possesses its own existence (this is a Jungian concept called 'anima'). Jung described the world as a living organism, part physical and part inner. In this context, he referred to human psychology as 'anthroposophy,' which realizes that we are part of a living universe.

Feeling and Thinking

Jung believed that we should complement our thinking with feeling and intuition. For example, most people are very logical in their reasoning, but often have difficulty putting their thoughts into words—this is because they often come up against unconscious blocks that affect their thinking process.

Jung compared the conscious mind to a radio receiver, while the unconscious was like an amplifier. The unconscious is more powerful than the conscious, as it contains a whole repertoire of experiences that we may not be aware of. The unconscious is also responsible for the growth of the personality and adjusts itself to meet new conditions.

Jung stated that there are two mental processes—one is based on time, while the other is an intuitive sense of time. The former is called 'ratio,' while the latter is called 'intuition.' Usually, one method will predominate depending on which type of person we are.

For Jung, psychological health depends on being able to develop our intuition since it represents a life-giving force within us. Intuition belongs to the unconscious and is a form of psychic communication. It allows communication between the conscious and unconscious regions of the mind.

Jung believed in synchronicity—a thought that comes to us without our bidding or intention, which is a by-product of collective unconscious processes. Jung also believed in a pattern of development that affects all human beings in one way or another.

In Jung's theory, there are two types of consciousness: personal and collective. The personal level contains individual consciousness related to our conscious thoughts, emotions, and ideas about ourselves. The collective level contains social, racial, and cultural consciousness; it represents how we are as members of society.

In Jung's theory, the Ego is the center of the conscious mind and mediates between the inner world of the unconscious and the outer world. The Ego is responsible for ordering our experiences into a personal narrative, which means that we can interpret our surroundings in terms of good and bad,

right and wrong, etc. This is important as it allows us to make sense of life—for example, it allows us to give order to chaos.

The Shadow represents those undesirable traits that are rejected by society. For example, introverts would tend to repress any outward show of extroversion. Jung also described this archetype as the 'dark side' of our personalities.

The shadow is a prominent figure in dreams and myths and can represent the darker side of human nature. It contains all our emotions, characteristics, and impulses that are unacceptable by society and usually repressed. Unconsciously, we may feel that someone has an attitude or quality which we do not like—this idea is projected onto them, creating an obstacle between us and forming a barrier to potential relationships.

According to Jung, the shadow is the unknown parts of ourselves—the unconscious mind makes it difficult for us to accept these hidden parts within us since it contains everything that we have rejected from our personalities during our lifetime. The shadow is always a great source of anxiety and fear, but with understanding and compassion, it can be conquered.

The collective shadow contains the negative aspects of our culture. For example, the Nazis projected collective evil on Jews—their culture and religion allowed them to have such a negative attitude. The Nazis created an 'underclass' in Germany, which they saw as aliens who were not part of them. This led to the eventual Holocaust.

The Persona is our role or public image, while the anima is the inner male or female within us. The persona represents that part of us that we show to the outside world; this may be different from how we are on the inside (i.e., who we really are). The anima is the inner male or female, which is entirely our own.

The Ego and The Self

The ego is that form of consciousness that can be expressed in words. The ego is like a mask or a persona that we put on and become the center stage for our life—it deals with our external actions and our thought processes.

In Jung's theory, the self (or 'Self') refers to everything that makes us who we are—our fundamental identity, free from both collective and personal influences. It represents what we feel and think about ourselves; it allows us to be true to ourselves even when others disagree.

The Collective Unconscious

The collective unconscious affects all individuals in the same way at different points in time. It consists of those factors which make us human. For example, it contains our memories, instincts, and historical traits. The collective unconscious is a reservoir of potential psychic energy which is inherited from our ancestors—it is responsible for giving us psychic powers such as clairvoyance or extrasensory perception (ESP). It also contains archetypes that represent the structure of our minds—these are patterns or models of behavior that can be used to describe how we think about ourselves and others; archetypes govern our thoughts and feelings when we are not even aware that they are there, i.e. in the unconscious.

Carl G. Jung was one of the most important psychologists of the twentieth century, and his theories helped to shape the development of psychology. Although he died in 1961, his ideas continue to affect humanity today

YOUR UNKNOWN SELF

To become your higher self, you must embrace your darker self. You must first fall in love with your unknown self—the shadow self, the intuitive self, the mystical being.

And then remember that these aspects of you are not only separate from you but also stronger than you. They're a part of who you are and, as such, deserve every bit of love and support that this world and your own heart have to offer.

Surround yourself with people who share those qualities, and remember that life is more whole when we have diversity. Find the beauty in all things; try new foods; speak up for what is right.

We're taught to be something we're not from an early age. We're told that we need to be a doctor or lawyer—and if there is one thing I know after thirteen years of education, it can't persist.

It seems like the world is gradually changing, and people are becoming more accepting of the unknown. That's why it is the perfect time for you to explore your own passions without fear of judgment or failure, and find out what truly makes you happy as a person.

Here are some ideas to help you unearth your unknown self and find out who you are:

1. Biggest Interests

Identify the biggest things you love doing, and then ask yourself why you love them. Are there certain attributes that make those activities so appealing to you? Do they symbolize anything?

2. Explore New Things

It is actually easy to get stuck in a rut of doing the same old things over and over again on daily basis, which is why it's important to do something new every once in a while. If you're never challenging yourself, then how will you ever be able to grow? Challenge yourself by exploring new hobbies or even just new hangouts.

3. Ask Yourself Why

Every now and then, it's worth asking why you're doing something—and the reason you get is always more rewarding than what was initially told to you. The truth is finding out the reasons behind your actions is usually the biggest reward.

4. Create New Routine

Finding out what makes us happy is something that can be discovered through a routine. One way to help find a new routine or way of doing things is to figure out what you enjoy doing every once in a while, and then create a plan of action to make time for it. Remember, time shouldn't be an obstruction on your path to happiness.

5. Break Out of Your Comfort Zone

To discover who you are exactly, you need to be able to step out of your comfort zone. Chances are, the things that make you uncomfortable won't span the spectrum of happiness, which is why it is very essential to get out there and challenge yourself as a person.

6. Figure Out How You're Different

Ultimately, understanding how you're different from others is one of the biggest motivations when it comes to discovering who you truly are as a person. It's natural not to want to conform and live your life in a way that's expected for your age or identity—and once you realize that, it opens up an entirely new world for you.

7. Learn How to Accept Criticism

Some people struggle with criticism—but once you realize what it is and how to properly deal with it, you can detach yourself from that side of your personality and learn how to accept criticism as a positive thing. It teaches you so much about yourself, or perhaps others can see the beauty in someone who can deal with criticism.

8. Understand Your Values

Ultimately, the things that you value in life are one of the most important things to discover as a person. Understanding that is vital is how you react to things and how you deal with them will often be different from what others do.

9. Understand Your Strengths

Understanding your strengths can be difficult at times, but it's something everyone should do at least once in their lifetime. Discovering what makes you happy is important because sometimes it helps figure out what to pursue next based on your interests.

10. Find Out What You Believe In

What you believe in is an important part of your identity as a person—and ultimately, it's up to you to decide what makes you happy. Sometimes people are never able to discover what they believe in, which is why it's crucial to figure out this part of yourself if you want true happiness.

THE SPIRITUAL SELF

What exactly is our spiritual self? Consider it a holy spark that is always present within us. That spark is still there, yearning to shine through, even if life experiences have dimmed it. Buddhism's healing and therapeutic methods need you to connect with your spiritual nature. I've found that helping women rediscover and reclaim their spiritual self gives them a north star to guide them back to the life they want to live, the life that feels good and true.

For many, the most important step on this journey is to heal stuck points, old wounds, or traumas that may be caught in the body and blocking your inner light. This means processing information held within the energy systems in your body, such as your auric layers (relating to your aura), chakra system, and subtle energy bodies. Even if we cannot see, feel, or sense them, these systems are always processing our experiences on an energetic level.

The aura is an invisible energy field that surrounds all living beings. The colors of your aura represent the nuances of your spiritual well-being. Auras can have different colors, and your aura can change. It is said that there are seven auric layers and that they connect with the chakra system.

Chakras are the type of energy center in the body. When our chakras are open, energy can move freely throughout the body, creating balance and harmony. When our chakras are blocked, we also experience a blockage in our physical, emotional, or spiritual well-being. The seven chakras are the root chakra (red), sacral chakra (orange), solar plexus chakra (yellow), heart chakra (green/pink), throat chakra (blue), third eye chakra (indigo), and the crown chakra (violet/white).

Subtle energy bodies are layers of energy that radiate outward from our physical bodies. These layers compose our energetic field.

Whether we have a conscious awareness of it or not, these energy systems can hold trauma, wounding, and even illness. The good news is that we can cleanse these energy systems and replenish them with new energy. To do this, you must welcome your full self into the light, especially your shadow elements, to illuminate and clear any blockages.

Self-Awareness

When we become more self-aware, we're able to decipher defense mechanisms or dysfunctional belief systems and patterns that originally developed as coping mechanisms to keep us safe but now hold us back. For example, if you grew up in a chaotic home, you may have learned to disassociate or detach yourself during stressful moments to feel safe in that environment. But continuing this pattern of dissociation in your adult relationships can prevent you from a genuine connection with others.

Traumas, core wounds, energetic blocks, energetic connections to others, and the projections of others may all be entangled in your perception of yourself. To reach true self-awareness, it's essential to remove everything that is attached to you but is not actually yours or no longer serves you.

Your true self is more than your body, your thoughts, behaviors, or emotions. Your body is your vessel. Your thoughts, behaviors, and emotions are products of experiences. Your true self is separate from all this—it is pure, wise, and removed from external circumstances and pain. It emanates from your soul, spirit, or heart center. The more you connect to your true self, the more you will understand your actions and reactions and the more control you will have in creating your life experience.

If you've experienced a trauma, symptoms such as intrusive thoughts, intense memories, sudden emotions, or frightening dreams may feel out of your control. These symptoms arise because the traumatic experience was too upsetting to comprehend or process at the time. It lives within you and continues to affect you and how you relate to the world. The trauma remains in your emotional, mental, physical, and energetic bodies—blocking your connection to self. Your mind is constantly attempting to grasp the meaning of the event and integrate it with your understanding of what you know to be true. An unimaginable hardship can raise deeper questions about the importance of life and why things happen. This can shake your sense of internal peace and can cause unsettling feelings of loss of control, absence of purpose, and powerlessness.

When you connect to your core truth within and align with your divinity, you will feel more at peace. This is true regardless of your experiences or

the severity of your traumas. Returning home to yourself takes effort and energy, but it gets easier with practice. It is possible for everyone.

A Word on Trauma

If you have experienced and are recovering from a trauma, you are not alone. According to the Recovery Village, 70 percent of adults in the US experience at least one traumatic event in their lifetime, and 20 percent of people who experience a traumatic event will develop post-traumatic stress disorder (PTSD). About eight million adults in the US suffer from PTSD during a given year. The statistics are even more staggering for women. According to the National Center for PTSD, about 10 percent of women develop PTSD sometime in their life (compared with about 4 percent of men).

If you believe you have suffered a trauma, it's important to acknowledge that trauma and find the help you need through the many available sources of support. The first step is to ask for help. Healing traumas is a foundational part of the process of knowing and becoming yourself. Trauma does not heal on its own. It needs to be uncovered, explored, and processed, often with the help of a professional therapist or counselor.

There's Nothing Wrong with You

No matter what you might have experienced; there is nothing wrong with you. Take a moment to let that soak in: There is nothing wrong with you. While we may not be able to control everything that happens to us, what is in our control is how we respond and heal. Life experiences are part of being human and do not determine your value.

Your eternal self is whole and complete. The strength you need to survive is always within you, even when it seems hard to find. Even when you feel lost, your spiritual self always knows the way home. If you have suffered a traumatic event or loss, you may feel broken down. Support is crucial. You are worthy of receiving the help and support you need. Finding the light at the core of your being can give you the strength to welcome the right support while also maintaining your own healthy boundaries. Remember that no matter what happens to your physical, mental, or emotional self, your soul is never broken.

Sometimes We Lose Touch with Ourselves, and That's Okay

Many life circumstances can distract us from our core truth. A powerful first step toward reclaiming your true light is the recognition that who you are is more profound than what you have experienced or even what you perceive with your five senses.

It is completely natural to get caught up in the web of daily existence. Jobs, relationships, obligations, ambitions, other people, and material and financial pursuits are all great distractions of the modern world. The goal is not to remove yourself entirely from this collective existence but to empower your true self to exist within it. Let's take a moment to reflect on the things that are currently distracting you from yourself. Write your answers in your journal so you can come back to them as needed:

What are some things you do to please others that take away from your true self?

What pursuits or stressors in your life right now are taking up too much energy?

Name three ways you could let go of these pursuits or stressors.

How much care do you provide for others who do not have the capacity to reciprocate?

Name three relationships that often leave you feeling depleted.

Name three relationships that leave you feeling empowered and more like yourself.

It's possible to be a caregiver, healer, relative, or friend without taking away from yourself. But you may have to enforce some healthy boundaries. Self-awareness can help you recognize when you are becoming depleted and are in need of self-care. Some signs of depletion include:

- Exhaustion
- Irritability
- Decreased quality of work or play
- Lack of interest in hobbies or activities

- Reacting without full control

Being aware of your signs will help you care for yourself and establish boundaries around the people and things that take you away from yourself. What are your signs? Here's a quiz to help you find out.

Are you depleted?

1. A child asks you an innocent question—for the 10th time in a row

You:

Recognize their sweet innocence and gently inform them that the answer is not going to change, but only after offering a developmentally appropriate explanation.

Firmly tell them to stop asking for the 10th time.

Snap at them to be quiet.

2. Your boss calls you into work at the last minute. You:

Acknowledge the importance of the situation, but consider your physical and emotional needs carefully. You agree only to what you can handle in good health.

Consider your own need to recharge, but accept any way out of fear of being disliked or letting down your boss.

Immediately agree to do it and then spend the next week complaining about your boss's situation to your coworkers, friends, and family.

3. You go shopping with your sister. You:

Both share their own versions of self-expression.

Show her what styles you are considering, but wait for her opinion before making your final purchasing decision.

Only choose what she says is currently in fashion because you are not confident in your own self-expression.

4. How is your energy level today?

Let's check in with your physiology and assess your adrenal health:

You woke up feeling well-rested and ready to go!

When 4 p.m. rolls around, you plan to grab a large frozen coffee.

You feel stressed and fatigued and cannot seem to find a healthy way out of this negative feedback loop.

5. You are working on your spiritual self, and you are not loving everybody.

What do you do?

Remind yourself that it's okay to accept your feelings! You don't waste your energy directing negativity toward anyone; instead, you channel it out in a healthy way by refocusing it on your healthy relationships.

Spend an hour crying out your hurt feelings, and then give yourself a hug to honor your emotions. In your journal, you write a mantra about welcoming healthy relationships. You start saving up some compassion, strength, and wisdom for your future self, who will know how to stand tall and be assertive when faced with difficult situations and relationships.

You blame yourself and don't have the energy to think of changes you could make in the future.

Mostly As: What you're doing is working! You have a good sense of your needs and enough fuel to act with self-compassion.

Mostly Bs: You know how to refuel but don't quite have enough in your tank to stay the course. You are beginning to feel depleted. It's time to enforce more time and energy for yourself.

Mostly Cs: Call Athena, the goddess of wisdom and courage! You are depleted and not acting in your own self-interest. Remember that you are worthy of compassion and fiercely set the intention to increase compassion for yourself. Identify opportunities to take more time and energy for yourself, and act on them this week.

WHY SHOULD YOU BRING YOUR SHADOW TO LIGHT?

Many people in post-modern times are in denial of their shadow self. They try to cover up their dark side, including repressed memories and emotions like fear, anger, greed, etc., believing that they will become more whole by not acknowledging it. But they instead end up feeling fragmented and less in touch with themselves.

We think this is because the shadow is an invaluable aspect of our being that represents our own intuitive wisdom or intuition. By being present with these pooled energies, we can connect to the universal power at a deeper level through our dreams and intuition, which can help us evolve as a person so we can live ever more authentically and consciously...

Many of us also believe that having this part of our being "exposed" will cause pain and discomfort, and we would rather not feel the need to explore it as a way to heal it. We automatically try to suppress our shadow because we think it's negative or harmful...

The truth is that the shadow is not a force to be afraid of. It's quite the opposite—an enormous source of wisdom that is there for us as gifts to help us grow and evolve. The shadow gives us access to all the repressed emotions, feelings, and emotions we have hidden away in order for us to cope with life; it's a way for us to forgive and heal without feeling guilt or shame about them.

The shadow helps us face our fears and traumas because we can recognize them for what they really are; it allows us to understand who we really are and allows us to grow from that place accordingly. The shadow energy is our teacher's way of helping us gain greater self-knowledge and connection to a deeper part of ourselves.

The shadow represents all the negative, painful, shameful, or emotional things we have ever been through; it contains all the habits and patterns that have kept us stuck in the past. From this place of knowing how to forgive, release, and understand old patterns of behavior or thinking

patterns that have held us back—we are then able to access those same energies for ourselves as a source for transformation...

The Shadow Self is also the part of the psyche that carries your darkest personality traits and negatives, which you most wish to keep hidden or in a state of unconsciousness. Although they are very hurtful and can be destructive, they are a part of your being and need to be treated with dignity and respect.

This core aspect of yourself is like a reservoir for other aspects of your psyche to take away. It's where all those fears, negative emotions, repressed traumas, and patterns reside. As a result, you can't really be open and honest with others about your true self because those around you will only see the one that is basically "nice and happy," which isn't the case.

Or they'll go on to explain something that they think is negative about themselves, then later say things like, "Oh well, this other thing was just my imagination." They're trying to let others know about their problem without them thinking they're a monster or spiteful.

The Shadow Self can also play tricks on you. For example, you'll fool yourself into thinking a "friend" is helping you, but really they're just using your negative traits against you. And the person that's doing the most harm to you is yourself.

And yes, there are some people out there who will try to manipulate your Shadow Self for their benefit. But if you are ever in doubt about someone's real intentions, just remember this: If someone can hurt or destroy your Shadow Self, they can hurt and destroy the positive aspects of yourself as well.

Even though negative aspects of you have been hidden for a long time, it's not a bad thing to know about them. It's a good thing because it helps you understand what is going on in your subconscious and you can now access emotions and repressed memories. It will help you heal from the past and ultimately become more sensitive to others in the present.

The Shadow Self is also essential if we want to understand our true potential as well as follow our natural path in life, which has been guided by our intuitive mind all along...

The Shadow Self can also be seen as an obstacle that needs to be dealt with in order for us to live full lives as we've been born to do. As a result, I want to help you explore and understand your Shadow Self so you can easily accept yourself as well as understand what you really mean when you say, "I'm a good person."

Once we become more aware of our Shadow Self, and the fear, guilt, and shame that comes with it, we then have the power to reject it by knowing it's not who we really are. It has nothing to do with our true nature. We don't want to reject them because they make us see things or behave in ways that are hurtful or negative.

ACCEPTANCE OF LIGHT AND DARK

Nobody can ever be purely good or purely 'evil' (as some might put it). In fact, when it comes to experience, there is no right or wrong. There is merely experience.

There are consequences for deeds we, humans, as a collective would deem as 'wrong' in this world. But believe me when I tell you that the prison of pain and anger that causes someone to perpetrate certain 'bad' deeds and the guilt and internal suffering that follow these deeds is worse than any man-made prison on Earth.

Mandela once wisely said:

"As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison."

There are many labels in this reality of right and wrong, but as spiritual beings let us not forget that there is no right and no wrong.

There is; however, light and dark energy within us.

Within all of us lies subconscious or unconscious energy and conscious energy. The one cannot exist without the other.

Within the dark, or subconscious, energy lies an energy that is of a low, dense frequency which is our purpose of transmuting into light energy.

We must remember to refrain from judging the energy as it is merely energy, heavy energy or light energy, low-frequency energy, or high-frequency energy.

Once we begin to label parts of ourselves as 'good' and parts of ourselves as 'bad', we create a dangerous rift inside of our beings that further causes the growth of the shadow in the subconscious.

When we label ourselves as mentioned, we create the belief within our subconscious minds that we are broken and unlovable and that we are not perfect just as we are.

The truth is that we are perfect just as we are.

We carry light and dark within us, and the one cannot exist without the other.

Striving to be only a good person, a person of pure light, is futile, and it will drain your energy and will cause more damage in the subconscious which means that one day when the pot can no longer hold the boiling liquid, it will explode, and your life will be turned upside down. This happens all the time to a lot of people who always seem to be surprised and shocked as to what has just happened.

Desiring only one side of something is like deciding that you prefer the sun and then vehemently denying the existence of the moon. Let's just say that if you did this, you would experience intense disappointment and heartbreak every time the moon shows up. And it will!

Pain is there to teach us and to help us uncover who we truly are. And we are all returning back to who we truly are, albeit at varying rates of urgency.

Some of us feel an urgency to return 'home', and others have not yet discovered that there is a 'home' outside of this reality.

This place I refer to as 'home' is a place of pure love, oneness, and peace. It is not somewhere in the distance; it is within us. We are not traveling anywhere rather we are peeling off the layers of who we are not so that we can return home to who we truly are inside.

The oneness that I refer to above is also another term for wholeness: the ability to accept everything that is, without labeling, without division, without judgment.

Striving to be only a good person is the opposite of striving for oneness and wholeness. Firstly, you will not be able to be whole because you are denying intrinsic aspects of yourself, and secondly, you will be unable to achieve oneness because if you deny your own dark side, you will be vehemently opposed to the dark side of anyone you encounter, which will lead you straight into the ego's game of judgment and condemnation.

Empaths typically are people who have integrated their shadow, and they can feel into and recognize the shadow of others and will respond with compassion and understanding.

Accepting ourselves as a full package is essential in shadow work. Loving and accepting ourselves fully as we are is the only path to healing.

Love is unconditional; you do not say “I love you if” or “I love you but.” Love is not conditional... anyone who has had children will tell you that.

First and foremost, we definitely need to love ourselves with the same intensity that we love our children or how our parents loved us or how we always wished our parents would love us.

Love is the absence of division.

This reality is one of duality... this is how it is designed. For everything you can imagine, there is its opposite.

One aspect cannot exist without the other.

A battery cannot have only a positive end or only a negative end, we cannot have only a summer or only a winter, or only a dry season or only a rainy season, we cannot have a north without south, an east without the west, a day without the night, hot without cold, masculine without feminine, up without down, left without right, and on and on I could go all day, but I think you get the point.

Denying any aspect of reality would be ignorant, wouldn't you agree? So why is it that we choose to deny certain aspects of ourselves as if we are not part of this reality?

We are very much part of this reality. It doesn't mean that this is the only experience that is real or that it is our default position, but we are very much inside of this particular reality at this particular point in time, so we are therefore part of it.

The second step in shadow work is to accept all aspects of reality, including ourselves.

It is imperative to accept our light and dark sides as building blocks of our being.

If you were looking at a building that was built using blue and red bricks and you decided that you don't like the blue bricks and decided to have them removed, the whole building would come crashing down.

This is how we need to think of ourselves; removing any of our building blocks would cause us to come crashing down. All the building blocks are

essential and are there for a reason, even the ones we don't like.

There may be some aspects of yourself you don't like, but you need to love yourself unconditionally regardless of that. Your child may possess behaviors that you don't particularly like, but that does not mean that you love him or her any less. We need to love ourselves this way.

Remember that light and dark make up who we are as a whole.

Your shadow is there for a reason, not as a part of you that is wrong, or bad, or a mistake or as some sort of punishment... it is your greatest spiritual teacher.

Accept yourself as a whole being.

Enter a lifelong relationship with yourself today and accept that you come as a package deal.

Exercise:

- Take your notebook and a pen
- Create the following heading: This is me
- Make an old fashioned 'Pros' and 'Cons' list of everything that makes up your light and dark sides
- Do not hold back on your positive aspects; they are just as important as the ones you perceive to be negative, be what they may call 'vein'... this is your chance to compliment yourself in the sincerest and non-reserved way
- At the bottom, write "I am proudly me."
- Stick that list up on your wall or on your fridge
- Accept that this is the whole of you and you are perfect just the way you are

HOW TO DO YOUR SHADOW WORK?

An essential element of self-care is the act of doing self-shadow work. Our inner worlds consist of many different emotional and physical worlds, the most prominent being our thoughts and feelings. This understanding is known as the "inner critic." It can be challenging in our psyches, but it's necessary for healthy functioning. The inner critic can be difficult to work with because even when it is not attacking verbally, it's still causing problems. Let's take a look at how shadow work might help us move through this process.

It's important to note that this is not just one thing causing our difficulties. We can take several steps, and it involves many different pieces working together. The ideas below are from the author of "Shadow Work: A Guide for the Experienced" by Christine Watson, Ph.D.

Step 1: What Am I Being Attacked About?

I'm not sure what my inner critic likes to do, but I know that it thrives on drama. In a nutshell, my inner critic attacks me on every level possible—emotionally and physically. Even though I know that my inner critic isn't helpful in this way, it still holds a lot of power over me.

Step 2: How Could This Impact My Healing?

Whenever we aren't able to feel certain emotional responses, it's going to have a negative impact on our physical health. The stress response which is also regulated by the sympathetic nervous system contributes to many illnesses and diseases.

Step 3: What Have I been Doing That Has Led to These Problems?

The most obvious answer is that my inner critic has led me along the path of being a drama queen. If I'm not picking at my shadow, there will be even more drama in my life. Therefore, I need to step up and take more control over my thoughts and emotions. I am my own worst critic, and there is no one else around to take the blame.

Step 4: What Could I Do?

This is the point where I might still think my inner critic can provide me with some helpful advice. In fact, it's not able to do that at all. The power in this situation belongs solely to me. As a result, I need to take action on what I desire in order for my desires to change.

Step 5: What Happens When I Take Action?

By taking the initiative, I am able to move through my shadow work. I don't know for sure what will happen, but it's an opportunity for something new to emerge.

It's not really hard to understand why so many of us have a difficult time in this process. As humans, we have a strong need for control, and many of us haven't learned how to be in command of our lives. We've let others take control of our happiness and maintain negative beliefs that only serve to hurt us more. This is often the result of other people's influence during our childhood years, but there are still ways to overcome these obstacles during adulthood. When I'm being honest with myself, I realize that my inner critic is a big part of my life. It's not something that just seemed to appear one day—it's been around my entire life. In fact, I've possibly been waging war with it for almost two decades now, and I can't imagine living without it. At times, the shadow work (along with allowing more control in my life) can be quite difficult to do on a daily basis. This process takes some time to complete, and it requires much more patience than most people are used to exercising with themselves

NAMING THE SHADOWS RITUAL FOR INNER HEALING

This inner visualization ritual creates space for yourself to interact with your inner shadows to initiate emotional reflection, understanding, and healing. Identifying the experiences controlling our internal or external emotions, we begin to gain our power back from the said experience by realizing that it is not entirely what makes us. You are not your experiences, downfalls, achievements, or failures; those are external things that have shaped your belief systems. Naming these things helps us to begin to untangle our belief systems surrounding them. These memories and triggers that we push down and hide from. When you spend your life running and hiding, who is really winning?

By beginning to face our traumas, Egos, and failures with a loving eye, we begin to understand them or, for some of those things, that will always lack understanding. We develop acceptance and call the pieces of ourselves back that these experiences have taken held from us.

Naming the shadow consists of sitting with a part of yourself that you don't like and meeting it with open arms and compassion. Hold this wounded piece of yourself and ask it what it needs from you? Why is it always nagging, or why does it present itself in such a way? Another side to shadow work is to call back hidden parts of you that have been suppressed that you WANT to resurface, for example, the shadow of creativity. Ask these types of shadow questions like, "Where have you been, 'Why do you not like to express yourself,' 'What are you afraid of?'" etc. Naming allows you to create a familiarity and a relationship with these different parts of yourself. When situations arise, you can connect with and have an inner dialogue to see what is going on beneath the surface.

Tips:

Do not try to name and meet all of your shadows at once. Take your time with each and get to know them. Give them your time, attention, and love.

Ritual Materials

- Blindfold (optional)
- Music for shamanic journeying (Drumbeat or anything that helps you to shift consciousness)
- You may also want to use a rattle if you like to keep a steady beat, but this is optional.
- Journal

Items to create a small altar to honor yourself and your shadows

- Black and White Candle
- Picture of self

Anything else you would like to add that signifies your journey.

Ritual Steps

- Gather all Items
- Find a quiet space where you can create sacred space in
- Cleanse and consecrate your space, items, and self before you begin your work.

Set Up Your Altar

- Sit comfortably once you have your ambiance created
- Put on your blindfold and begin a breathing exercise to relax and shift your consciousness
- (if using your rattle for journeying, this is time to pick it up and start your rhythm)

After you have found that you have shifted consciousness by whichever modes you are familiar with, begin with this visualization meditation to help with your journey.

Envision yourself in a room walking up to a large door, you tug on the door gently, and it doesn't open; you try a few more times, and finally, it gives way. You enter hesitantly but are curious to see what is on the other side. You notice the atmosphere is dark but not dreary and frightening. The room is lit by a few candles. You continue to scan the room for clues the walls are golden and have a metallic shine against the candlelight. There are huge mirrors all around; step into one of the mirrors and look deeply at yourself. Ask yourself; Who are you? What holds you together? What makes you, you? What are you hiding beneath the surface? Take a moment to stare at yourself here in this mysterious place. I call this space the "Hall of shadows, 'but you may call it whatever you like. While staring at yourself in the large gold mirror on the wall, begin to use the mirror as a screen to pull up memories that may trigger the emotions connected to the specific shadow or emotion you are working with. Allow the feelings to take over you; this may be difficult, mainly depending on the situation's severity. Still, it is crucial to allow the shadow to express itself in its entirety (eventually) and feel validated. Do not shy away from them; do not connect to them; just let them arise.

Once you have connected with the feelings that come with this shadow, I want you to begin to imagine the personification of what this shadow would look like. What would jealousy or envy look like as a person? What does fear of rejection look like if it were a person?

Materialize this image within the Mirror and Invite the shadow for a conversation. Ask for it to step out of the mirror, speak with you, draw this energy closer to you to get familiar, ask it questions, and determine what emotions are stratified within it. Visualize the shadow stepping out toward you. It may be afraid or shy, or it may be angry and wounded. Prepare to meet it with love or at least begin with understanding if it is difficult. Have a seat with this shadow. Imagine it walking over to sit directly in front of you.

Visualize you sitting face to face with the shadow.

Picture the figure you created to personify your shadow.

And at this point, if you feel like you have one name, the shadow.

Name the shadow based on what you think it connects to, so when you address it, you are addressing that energy that you want to transmute.

Ask it what it needs from you to heal and feel whole and reconnected to you?

Ask it to tell its story.

Ask it whatever questions that may arise for you like,

When and why was it created?

***You, do not have to ask everything in one session. Always ask with love as shadow energies are fragile and will not respond well to negative interaction. Once you have built a relationship with them, you may adopt different, more relaxed approaches. Still, it takes time to make shadows "feel comfy, so to speak."

Remember, this may be a part of you that underneath it all is trying to protect you in a way you may have needed in the past but no longer need. Still, it just is not aware that you have outgrown its "Service," so address this part of yourself with love and appreciation and validation.

It may take time and numerous meetings with a shadow before it fully reveals itself and its layered purpose for existence**

Thank your shadow when you feel like you have spoken enough and received enough information. Let it know you appreciate these inner emotions and energies for pushing you to understand yourself from a different perspective to continue to grow. No matter how far you get within the work, continue to treat each experience as a lesson or opportunity to grow.

Suppose you feel comfortable and ready to send your shadow some loving energy. In that case, you can visualize yourselves in an embrace or send healing bright golden light to it.

Visualize your shadow accepting the light, placing it within itself, and slowly becoming illuminated.

Say your final departures and let your shadow know that you will be back and are open to beginning the healing process together.

Visualize the shadow walking back toward the mirror, shining brighter than it was when you first encountered it. It steps back into the mirror, and the mirror returns regularly. Slowly, your reflection returns. You turn to exit the room with the golden walls and turn towards the large double doors you came in to leave.

At this moment, bring your attention back to your body and begin to ground yourself with your rattle if you use this method or simply use your breathing. Take 3 deep breaths, and on the exhale, feel your breath going into the soles of your feet, pressing them into the earth. Feeling anchors coming through the bottoms and connecting to the core of the planet.

Feel yourself rooted and planted. Thank yourself and the shadow for this experience.

Close your ritual how you'd like from here;

If needed, take more time to do some breathing and grounding. If you had a complex experience, make space for some self-care, a bath, or some movement to help you release or see a Reiki or massage practitioner.

Always journal what you saw and heard during the meditation.

MY ENVIRONMENT AND SHADOW WORK

Parents who are addicts and become clean somehow expect everyone in their lives to accept them with open arms. They want to be patted on the back, babied, and forgiven for the lives they've ruined. It's almost as if they forget that children are human with emotions and perceptions and will grow into the person they molded or neglected. The abuse of drugs is not an illness; it's a weakness. It's a form of escapism through self-medicating. However, I understood the struggle that many parents raised by The Silent Generation weren't equipped with the tools to deal with processing some of their traumas.

I understand exactly why someone would turn to drugs. We are forced by life to take hits and have to push our pain to the back of our minds. Depending on what our support system looks like, we may not have a choice. The suppressed emotions eventually continue to rise until what's bothering us has been identified and addressed. I know that when my mother was a child, things were swept under the rug regularly. She grew up in the 60s, so she was raised by "The Silent Generation," during a time when children should be seen and not heard.

It seems so harmless, doesn't it? Well, imagine being a nine-year-old child who is left alone with an uncle who couldn't keep his hands off of your underdeveloped body. You don't even understand your body yet or know anything about sex. When everyone leaves for the day, your uncle begins to molest you and tells you that if you told anyone, he would kill you, and nobody would believe what a kid had to say anyway! You believe him because even when you try to tell an adult something in your home, they tell you, "That's enough nonsense to go play because children should be seen and not heard!"

This was a time when families vowed to keep the family business in the home and not seek professional help. People in this time were ashamed to have to deal with and own when their loved ones had done something horrible to another family member. Many of them didn't want to accept the truth, and others were forced to keep secrets so that they could survive and live comfortably, so sweeping things under the rug was a norm for

them. Unfortunately, they didn't realize the damage it would cause in the future.

Life changes when we become older and start having children or friends with children and begin to process our own childhood. We may have repressed an experience so damaging until thirty years later when our friend comes to us in confidence and tells us how they are struggling with coming to terms with being physically abused by their father. She just realized she was treating her kids the same way her father treated her and that she took a step to seek help from a therapist so that she doesn't repeat this traumatic behavior further. She didn't even realize that when she was in high school, she bullied other girls because of this until that day as well.

After listening to her, you sit down, and boom, it hits you. The memory of being molested by your uncle surfaces. You become so enraged, your heartbeat starts racing, your leg is shaking, and your memories of being molested surface. Now you can't keep it off your mind, and you're not sleeping at night. You start smoking cigarettes, but that isn't working, so you turn to alcohol. These memories come stronger when you're drinking, and you actually become super emotional around friends and family, but they don't want to deal with it, so retreat. You start running the streets because you're ashamed, and someone introduces you to heroin. This is the only way to numb the pain you think, and boom, you become addicted just like that!

We are all shaped by genetics from our parents and the environment we were raised in. Your friend who came to talk to you had her mother about everything. Her family wasn't as big as yours, so talking to you was a breeze. She was equipped with enough tools that she could express her emotions. However, you were not lucky enough to have such an outlet, so your struggle is much different!

I've had to overcome alcohol abuse and the constant numbing of my emotions by smoking marijuana. Every drink that I drank, I knew that eventually would make me forget about my problems temporarily or I'd be able to get into my emotions because on a sober day I would swear I didn't know how to openly express myself without liquid courage. So when I rolled a blunt, I knew it was to numb myself from dealing with the pain and stress in my life.

I was fully aware with every puff that I was masking my symptoms. I smoked to run away from my concerns. I'd have to roll another one within thirty minutes, or I'd have to face the many thoughts racing through my mind when the high went down. When something is constantly on your mind, it's a sign that you need to address it. My mother's drug addiction while pregnant with me didn't cause me to use substances, her absence and my suffering did. Not having an outlet and proper guidance was the cause. My point is that no matter how heavy or not so heavy a substance is, we know the effect and consequence that we must pay every time we partake in this substance. Are we drinking and doing drugs for fun? Is it causing harm or solving a problem? In my life, substance abuse was a form of self-medicating. I refused to seek proper help, although I knew where I could turn to for care all my life.

Addictions, in general, are a way to escape from being held accountable, the voices in their minds, the memories, addressing conflict, and dealing with pains of the past. Addicts with children never understand how helpless children have to toughen up in their moment of weakness. While I empathize with recovering addicts, I make no excuses for them or myself. Life applies to all of us, and although I understand the struggle, I also understand sacrifice.

I remember working in a recovery program after graduating high school. The program patients felt like I had no place to speak on addiction because I wasn't in recovery. Little did they know, I had my fair share of alcohol abuse and my parents, who were also addicts? The offspring of addicts are also in recovery. What the parent experiences, so does the child! Especially one in utero during drug use!

Children of addicts are tortured and lack so much emotionally and mentally. We are tested on by medical facilities and used as evidence to measure how well the government's plans had worked on communities of color. My mother knew she would be putting me at risk by doing drugs and drinking while pregnant, but it didn't stop her. Again I don't fault her because I know her story! As we grow up, abuse and neglect show up in various ways. I realized that I had an addictive personality early on and noticed when I was going overboard with smoking and drinking.

When life is happening around us, and we have nothing to compare our experiences to, we become hopeless. We die a thousand deaths, and nobody ever second-guesses how we're affected. Nobody rushes to aid us; instead, we are ridiculed, judged, and forced to work twice as hard as others. At no point in our creation did we choose to have our DNA tampered with by the abuse of street drugs. If you struggle with addiction, seek help and try your best to deal with your “shit” because the past may hurt, but it has no place in the present!

SHADOW WORK ACTIVITIES

Depletes vs. Elevates

This exercise can really help you better understand how your daily experiences impact you. Keep returning to this as you remember more or as the list changes as it should.

- List things and interactions that deplete you or hold you back.
- List things and interactions that elevate or fulfill you or move you forward.

Overdoing It—Over the Top

Exploring areas where you tend to overdo it, like working late or intense reactions, shows you how you engage with yourself and others as well. This also provides you with a rough blueprint as to what areas you may need to explore further. Keep returning to this as you remember more or as the list changes as it should.

- List the things that you overdo.
- Write about why for each.
- Write about what you are trying to accomplish or avoid.
- Write about what void you are trying to fill.

Challenge the Good Part—Balance the Opposite

Many of us see ourselves as a “good person.” This may come from being told that we were a “good boy” or “good girl.” That identification stuck with us through the years. This intensified the split between our conscious identity and our Shadow.

Make a list of your positive qualities. Then, try to identify the opposite within you. For example, if you see yourself as disciplined, you’re likely repressing your lazy part in your Shadow. The disowned part influences your behavior and challenges your owned part. Identify with this disowned part. See it. Accept it. Make friends with it. It’s okay to be lazy too.

Keep returning to this as you remember more or as the list changes as it should.

- Make a list of your positive qualities.
- Now make a list of the opposite within you.

Project Projection

The act of creation can be pretty frustrating and can bring out some of your darker parts like impatience, anger, self-doubt, or even blood-thirsty competitiveness (like me). At the same time, a project can also allow you to experience fulfillment and joy.

If you don't already have a project that you're working on (building something, writing a book, composing music, etc.), find something you would love to do and question yourself about your feelings. By using self-awareness and self-exploration while you create, you will be able to reap deeper insights into your darkness. Notice the strong emotions you have while you work on your project, good, bad, and indifferent. You might really be surprised by what you will find! Keep returning to this as you do more projects.

- In a notebook or journal, write the name of your project.
- Log what you are feeling and why.

Emotional Reactions—Reclaiming Our Power

Keep in mind that the Shadow lurks behind us. Our defense mechanisms are built to keep our Shadows hidden and repressed. The more you pay attention to your actions and feelings, the more likely it is that you may see your Shadow. Because we tend to project our disowned aspects onto other people and events, one of the most excellent methods to discover your Shadow is to pay attention to your emotional reactions to other people and situations. While your neighbor may be aggressive, arrogant, inconsiderate, or impatient, you will not have a significant reaction to their behavior if you lack those qualities. You can teach yourself to notice your Shadow when you witness powerful emotional responses in others if you pay close attention. Everything that bothers us about others, according to Jung, might bring us to a better understanding of ourselves.

We rarely have time to deal with those feelings right away. Take five or ten minutes to think about your interactions with others and your reactions to them at the end of the day. Whatever irritates you in someone else is most likely a hidden part of yourself. Get to know that portion, accept it, and make it a part of you, and it won't elicit such intense emotions in you the next time you see it in someone else.

Discover that you have unconsciously given the power to for what we give them the power to have power over us. The reality is that things that cause a reaction in us actually reveal some pretty important information about ourselves. Focus on and pay attention to what and who evokes an emotional charge in you like things that shock, bother, and secretly thrill you. It doesn't really matter what the emotion can be; it's a clue that you are denying something within you.

By investigating some of my Shadows, I discovered that I have control issues; I hate feeling vulnerable and weak. Those feelings literally give me anxiety attacks. I learned this very uncomfortable truth about myself through paying attention to my negative reaction to anyone making a mess, my intense dislike of someone else driving, and my extreme fear of rollercoaster rides and exploring those things further.

Also, by examining my demons, I discovered that I was burdened by a guilt complex I developed growing up. A part of me felt unworthy because I developed a habit of feeling that since I was a kid ("bad girl," "It's your fault"). While it doesn't make any sense, unworthy is what I felt comfortable with the feeling. My mind would pick apart every little thing I may have done wrong, and I'd be left feeling like I wasn't good enough. Not only was this not healthy for me, but it was also self-destructive and negatively affected my confidence which, in turn, negatively impacted many of my cherished relationships.

Through exploring my demons, I find that I give more compassion and forgiveness to both myself and others. You can learn how your internal wounds affect your life simply by paying attention to your emotional reactions. But you need to be self-aware because you have to be mindful of what you're feeling, thinking, saying, and doing. You also have to be open-minded with the courage to actually see everything that you place importance on and ask, "Why?"

Pay attention to whatever emotionally charges you. There is also a very good chance that you will find, like I did, patterns emerging in your life.

You might think that you don't place importance on the things that you think are bad or disturbing. But if you didn't place so much importance on what makes you angry or disgusted, you wouldn't react to those things so intensely.

Take your time and investigate the things you place importance in. Pay attention to your emotional reactions and listen to what your Shadow is trying to say.

Take a Record of the answers to the following questions each day you are emotionally charged.

- What emotionally charged you?
- Why is that important to you?
- What might that say about you?
- Why do you see that as bad/good?

Examining the Mirror

Projection is a technique that helps us to avoid what we have disowned. However, we don't only project the darker aspects of ourselves onto others; we also project our light and positive attributes as well. A person may be drawn to someone who exudes great self-assurance without realizing that this is a quality they wish to reclaim inside themselves. Judgmentalism is another typical projection. How many times have you heard someone comment, "He or she is such a jerk!" Ironically, simply labeling someone as "judgmental" is itself judgmental, displaying their judgmental nature.

To employ this strategy, we must have a deliberate and honest perspective on the world: we must be willing to own that which we have denied! Being brutally honest with ourselves can be difficult, so practice is required. On the other hand, other people must be seen as our mirrors. We must understand that the people in our lives serve as the perfect canvas for projecting our unconscious desires and fears.

Begin by exploring your ideas and feelings concerning persons you come into contact with. Keep an eye out for emotional triggers and ask yourself, "Am I projecting anything?" Remember that we might also project our own characteristics onto someone who genuinely possesses them. We may project our fury onto someone who is, in fact, a rage-filled individual. Alternatively, we may project our jealousy onto someone who is actually envious.

"What is mine, what is theirs, and what is both of ours?" you could wonder. A projection is not shown in every triggering scenario, but it is most commonly the case. Look for things about others that you admire and love, and look for hidden projections there. The Mirror Technique will assist you in shedding a great deal of light on Shadow traits that you've rejected, suppressed, repressed, or disowned.

Answer the following questions:

- What are some of your pet peeves or the worst traits you think a person can have?
- Why?

- Do you see these in your own behavior?
- Have you ever demonstrated any of these?
- How?

Any time you have been emotionally triggered, good as well as bad, record answers to the following questions:

- Who emotionally triggered you?
- What was that emotional charge?
- Are you projecting anything?
- What is yours?

Mirror Triggers

One way our Shadow shows up is in what we find to be most difficult in others. Most typically, these traits reflect our own parts that we don't like. Think of people who bother you and write what it is about them that might also be within you. Record the answers to the following questions each day someone triggers you.

- Who triggers you?
- What is it about this person that you don't like?
- What makes it so difficult to be around them?
- Do you find that you have some of those same traits sometimes?
- How do you feel about that part of yourself?

Shadow Archetypes

Moore outlined the structure of the psyche as the four primary archetypes. Each one has qualities of the best traits of mature adulthood. But each constructive archetype has two destructive Shadows, an active and passive side. Such as the Shadows of the King: The Tyrant and the Weakling. You can identify thoughts and behavioral patterns within yourself when you get to know these bipolar Shadows.

4 Primary Archetypes	Active Shadow	Passive Shadow
The King	The Tyrant	The Weakling
The Warrior	The Sadist	The Masochist
The Magician	The Detached Manipulator	The Denying "Innocent" One
The Lover	The Addicted Lover	The Impotent Lover

Other Shadow Archetypes derived from the primary archetypes:

The Sorcerer	The Seeker
The Warrior	The
The Dictator	Trickster
The Victim	The
The Shadow	Destroyer
Witch	The Slave
The Addict	Shadow
The Idiot	Mother
	The Hag
	The Hermit

Margaret Mark and Carol Pearson's 12 Archetypes:

The Innocent	The Lover
The Orphan	The Creator
The Hero	The Jester
The Caregiver	The Sage
The Explorer	The Magician

The Rebel

The Ruler

74 of Caroline Myss's Archetype Cards

Addict	Knight Liberator
Advocate	Lover
Alchemist	Martyr
Angel	Mediator
Artist	Mentor
Athlete	Messiah
Avenger	Midas/Miser
Beggar	Monk
Bully	Mother
Child: Orphan	Mystic
Child: Wounded	Networker
Child: Magical	Nun
Child: Nature	Pioneer
Child: Eternal	Poet
Boy/Girl	Priest
Child: Divine	Prince
Clown	Prostitute
Companion	Queen
Damsel	Rebel
Destroyer	Rescuer
Detective	Saboteur
Dilettante	Samaritan
Don Juan	Scribe
Engineer	Seeker
Exorcist	Servant
Father	Shape-shifter
Femme Fatale	Slave
Gambler	Storyteller
God	Student
Goddess	Teacher
Guide	Thief

Healer	Trickster
Wounded Healer	Vampire
Hedonist	Victim
Hero/Heroine	Virgin
Judge	Visionary
King	Warrior

The Shadow Archetypes above are not exhaustive, and you can find hundreds more on the internet. You are encouraged to create your own Shadow Archetypes as I have. A few of mine are The Peacekeeper, The Ruthless Bitch, The Scaredy Pants, The Crybaby, and Ms. Confident.

I think it important to give a proper name to the self, which should be the center, rather than an archetypal name. More than likely that one will respond to one of your names, whether by birth or nickname. Play around with some names and see what fits.

Keep returning to this as you remember more archetypes and or characteristics.

- Make a list of your Shadow Archetype names and their characteristics.

Here is the process, use whenever you're emotionally charged:

1. Choose someone/something/situation that emotionally charges you, good or bad.

*I choose _____ in this moment.

2. Describe the qualities that charge you most, in 3rd-person. Speak it and write it.

* What are the qualities that charge you?

* How do you feel about each quality?

3. Talk to the person/thing/situation in the 2nd person as if in front of you.

* Say and write what you dislike or adore.

* Ask questions and imagine the response. Speak it and write it.

4. Embody each of the traits of this person/thing/situation you described in 1st-person.

* Say and write “I am _____ and that’s okay.

5. Notice these disowned qualities in yourself. Experience the part of you that is these traits. Avoid being abstract: just BE it. Now re-own and integrate this into yourself.

Artistically Express Your Shadow

Art, even if you're not any good at it, art is a great way to allow your Shadow to show itself. You can begin with anything you feel; however, the darker the emotion, the better and more revealing.

Choose an art form that speaks to you. You can choose watercolor or acrylic paint, crayons, coal, a sketching pencil, colored pencils, or even scrapbooking. Just draw or create what you feel. My first drawing was that of fear. Not being an artist, it looked quite like a big black blob on paper to anyone else. HOWEVER, when I was done, just looking at it was pretty scary to me.

Don't plan what you're going to create. Just allow whatever art form you choose to do the talking. This artistic expression can tell you a lot about what lurks around in your dark Shadow. It can also help you heal some things by bringing them up to your conscious mind.

Keep returning to this as you create more art.

- *As you are creating, journal what you see and how it makes you feel.

Inner Dialogue

We all have many unrecognized, autonomous parts to ourselves. Many types of inner work psychologies require an active dialogue with these parts, our Shadow parts. Some of these psychologies include Stone and Winkleman's Voice Dialogue, Assagioli's Psychosynthesis, Schwartz's Internal Family Systems, and Jung's Active Imagination.

These parts, largely aspects of our Shadow, have a way of affecting our behavior when we don't pay attention to them. I remember when I would do or say to someone then ask myself "why?" Sometimes, I was absolutely beside myself at what would come out of my mouth or some of the things I did, like flying off into a violent fit of rage. Can you relate to this? When things like this happen to us, it's a Shadow part of ourselves that was taken control of.

Everything we say or do that seems outside of our character is actually a Shadow part hijacking our behavior. While it seems like these parts are seeking to destroy us, they're really not, but that's the consequence of ignoring or disowning them. We can get these parts under control and integrate them into our conscious selves by dialoguing with them. This can happen in our imagination, verbally speaking out loud, or through journaling. Through dialoguing with these dark parts and getting to understand them, we get them on our side; they become our allies rather than our enemies

Perhaps one of the easiest ways to learn from our Shadow parts is to have an actual conversation with each of them. But you have to have an open mind and be ready for some crazy answers. This inner dialog would consist of a question and answer, to begin with. At some point, this dialog will turn into an entire conversation.

Sit in a quiet place with your eyes closed and think of a question you want to ask one of your Shadow parts. Verbally ask the question, then wait for the answer. Don't try to direct the answer or conversation; rather, allow it to flow naturally. Jot down anything that surfaces and reflect on it. You might be surprised by the answers!

Keep returning to this as you have more questions for your Shadow Parts.

- Write your question.
- Record the answer you received.
- If you have a dialogue, record that too.

Flipping the Shadow Script

Usually, we see our Shadow as our evil twin, but the reality is that it isn't evil at all. All our parts, even those in the Shadow as mentioned earlier, offer us some gold. Identify some of your Shadow parts and investigate the benefits it offers you. Don't be afraid to get creative here. Keep returning to this as you remember more Shadow Parts.

- Record your Shadow Parts.
- What is the positive side of each part?

Value in the Shadow

Quite like flipping the script, our Shadow parts can reveal what our values truly are. Think about what each Shadow part tells you about your values. For instance, my Ruthless Bitch tells me that I value my personal safety. Keep returning to this as you remember more Shadow Parts.

- Record your Shadow Parts.
- What is the value of each part?

SHADOW MONSTER

If you have a shadow monster, it means that your life is filled with people who try to control you, bully you, and force themselves into your life. It usually means that your confidence is low because of the constant need for approval from others.

Shadow monsters lurk in places where they can't see other people's faces. They don't like to be seen and are often scared of being exposed as a fraud. Whatever their reason for being hidden in the shadows, they're just waiting to jump out at someone when they least expect it—and sometimes their ambush can have devastating consequences if the person doesn't know how to protect themselves from them.

Shadow monsters feed on you and your negative energy, so their favorite place to hide is in your mind. They use fear as a tactic to control you, and they'll do whatever they can to manipulate you into doing what they want—including lying, cheating, stealing money from you, or shaming you in front of others. The logic behind a shadow monster is that “if I can make my victim feel bad about themselves regularly, then I will always have them under my control.” This is why people with shadow monsters need to learn how to release the negative energy and cultivate confidence from within instead of looking for it from the outside.

Shadow monsters are not just people who intimidate you and make you feel bad about yourself. They can as well come in the form of an actual person, but they can also take shape as your inner fears and self-doubt, or things that have already happened to you. You see, everything that's happened to you from the time you were born has been recorded within your energy field. Your mind only believes it's real because that information was imprinted on your subconscious mind by other people and life experiences. If there are any old arguments or conflicts with family members, bosses, friends, etc. it's important to release them and let go.

If you find yourself stuck in an abusive relationship, or you've ever been in an abusive relationship, then it's likely that your life is being controlled by a shadow monster—and it's also likely that you don't know how to protect yourself from it. Shadow monsters are nothing more than energy. They're

like parasites. They feed on your energy, and once they've eaten their fill, they move on to someone else. This can take a long-time depending on how much energy you've given them, but eventually, they will leave.

If you think that you might have a shadow monster in your life, or if you're worried about someone who might be vulnerable to one, then please do the following steps to protect yourself and raise your own vibration to keep yourself strong:

1. Focus on your emotional well-being. If you're feeling uneasy about a situation or person, then it's entirely possible that something's not right. Listen to your feelings, even if no one else agrees with them—you will learn how to trust yourself better in the process.
2. Refrain from participating in gossip or drama. Shadow monsters feed on negative energy, so if you're constantly worried or upset about something that's going on with someone else, then you're giving him/her the fuel they need to keep doing it.
3. Protect your personal space. Limit the amount of family and friends who invite themselves over to your home when you're not home because it gives them greater access to control you—and if someone's been playing games with your mind and lying to you, then they'll be at a disadvantage since they wouldn't be able to get close enough to control you like that...
4. You need to learn how to check your own thoughts and words. Shadow monsters are only able to control you if your mind and words are working for them—so if someone's been lying about you or spreading rumors about you, then it's important that you're careful with what you tell people and how you talk to them.
5. Focus on living authentically and honestly, no matter what the cost. You have to do what feels right for you, even if that means being vulnerable in front of other people—but it's essential to be careful who you're vulnerable around since it can open you up to a shadow monster.

6. Learn to trust your intuition because it will guide you in the right direction if and when a shadow monster is present. The word intuition comes from Latin "to know inwardly," and this refers to instinctual knowledge or the knowledge of things not learned but personally experienced via the senses or feelings. Listen carefully to feelings of apprehension, anxiety, worry, etc., and trust in your gut because it's trying to tell you something.
7. It's important to be aware of people who talk a lot about themselves. They're usually doing this to make themselves feel better and to make others feel small, so they can feel big—so be conscious of those who try to make you look bad while they're talking good about themselves. Shadow monsters are excellent at using people as a mirror so that they can project their weaknesses onto someone else. They know their own weak points and insecurities, and they know how to use them against other people without even realizing it.
8. Take care of your spiritual health. If you're trying to protect yourself from a shadow monster, it's essential to learn how to release negativity from your energy field. Spend time meditating and channeling positive energy through your body—this will build up your immunity against them.

A shadow monster is someone who tries to make you feel bad about yourself so that they can feed on the negative energy in your body. It's not always easy to spot a shadow monster initially, but if you have an idea of what they look like, you'll be able to protect yourself from them better as time goes on.

ANSWER THESE QUESTIONS TRUTHFULLY

Simply pausing and reflecting on certain things can help you become aware of your strengths and weaknesses and sometimes you can find solutions yourself). (After asking the question describe the topic of the question and give information for overcoming the problem)

What is the biggest problem in your life?

"There is no awareness without pain." —CARL GUSTAV JUNG

What are the other recurring problems in your life?

How can you turn these problems into opportunities for growth?

What scares you most about your future?

Turn these fears into challenges

(Fear is only a state of mind, it is only a creation of our mind. The easiest way to overcome fear is to face it. "One day fear knocked on the door, courage went to open it and there was no one there." Johann Wolfgang Goethe)

What is the thing that triggers a strong negative emotion in you?

What in your past might have triggered this emotion?

What makes you feel good?

Do you feel judged?

Are these judgments perceived or real?

"Thinking is very difficult. That's why most people judge. Reflection takes time, so those who reflect already because of this have no way to make

judgments all the time." —CARL GUSTAV JUNG

What was a big mistake you made?

What can you do or say to yourself to forgive yourself and move on?

YOUR EMOTIONAL TRIGGERS

We try to stop it; we don't necessarily want to feel or see the heaviness of the memories and emotions from all the things that happened to us shoved in our faces. We try to avoid feeling so deeply, unaware that attempting to stop the emotions from flowing into our being is doing way more damage than good. Perhaps some of these memories trigger us, or maybe they bring up feelings that are too challenging to feel, or maybe they go as far as physically making us sick. These are all feelings that make sense when it comes to harmful or unhealthy situations that entered our lives ever so slickly and changed it drastically, or not so drastically, but indeed changed its course. We may come to a point where we feel that we are now adults and that piece of us should no longer bother us as much as it does and that it should be suppressed, no longer existing in our minds. It becomes an extension of who we were as children and what situations we were placed in unknowingly. These things carry over into our adulthood so easily and effortlessly that sometimes it slips under the radar, and we don't see that it's the sole reason we act and react the way we do. It's obvious that we are still carrying around the baggage from our childhood that was never healed; we never released it and never accepted it, therefore, treating it as another piece that must travel with us. Most of us would rather not enter a state of anxiety, depression, and heavy emotions that will come along with healing these pieces of us that are very important to heal in order to become the forever growing specimen of GOD that we are.

Having feelings towards a situation is okay. When we are continuing to feel the emotions from the situation(s) it's just an obvious representation that we are still connected to those experiences that occurred in our past and that we have not let them go, nor have we healed from them. If you are still feeling from them, you are not healed from them. In order to heal, you must feel. Yes, ugly emotions will probably come up. Let them. Allow them to be like clouds floating by in the sky, flowing in and out of time and space. See them, accept them, love them for what they are, and know that without them, you wouldn't be as determined as you are now to heal

them. Without feelings, it will be a struggle to get to the place where you desire to be; these things must occur, you must feel!

No one likes to feel overly emotional; it's almost taboo to most beings. Being tied down by tears is not ideal, but we are attached to these emotions because they are attached to experiences and situations that we've dealt with and are still dealing with, and that's why we feel we can't move forward. We feel the situations are already what they are, they aren't changing, and they are a part of a past that will never come back. It may even come down to the people that we feel caused the damage within us, are still very present in our lives and unavoidable, therefore making healing a task that seems impossible.

We want it to go away... we want it to go away immediately, and that will not happen most of the time. Though ideal. The hard work seems tedious and redundant, maybe even ridiculous, but worth it. It's a must if we want to get to the place where we want to be spiritually and mentally, our soul self. Feeling and healing must happen.

Drowning must occur. You must sit in silence, be in isolation and become one with the stillness in order to work through what you are feeling and take your control back. All in all, you are the captain of this ship, and what you say and feel goes. How are you taking your power back?

Self-Guide

Questions

- Do you feel that you are making progress towards your healing?
- Have you noticed any changes since beginning your healing process?
- How are you dealing with healthily feeling all your emotions?
- Have you forgiven yourself?

Homework

- Get a piece of paper, and on one side, write the situations you are still holding on to, and on the other side, write down how they made/make you feel
- Write a letter to the person or situation about how it made you feel. Then burn it.
- When the moment comes, and you are feeling heavy emotions... feel them, and if you can, record them at that moment, then go back and listen to any triggers you may have mentioned.
- Talk to someone about what happened and, if trusted, receive their input.
- Take plenty of cleansing baths with sea salt.
- If possible, and if you're comfortable, talk to some of the people that were involved verbally, without tension. If there is tension, leave it alone or come back to it another time.

Affirmations

- I am healed.
- I am in control of my emotions.
- I am the creator of my future.
- The past is the past, and I am healed from it.
- I grow daily towards who I desire to be.
- I forgive everything that happened to me.
- I love myself more and more every day.

LIFE CYCLE

Certain patterns occur in our life that continue to show up repeatedly.

This goes for people, situations, emotions, etc. They tend to show face so often that eventually, it becomes a part of our everyday life, without the intention of doing so. These are the patterns you should be paying close attention to and focusing on more in-depth.

They will assist in highlighting the shadow in your life, making sure its presence is loud and clear, pointing out where you need the assistance, where you need the growth, and the triggers that cause you to relapse into these old emotions. This is the time where you look to the behavior and movements of others and pinpoint where they may have influenced your thoughts or may have had an impact on how you grew into the adult you are and how you began reacting to certain circumstances.

While doing this, it's smart to understand that they did their best. The people that came into your life were taught or seen specific behaviors and unintentionally passed them down to their offspring, unknowingly sending generation after generation into a vicious, unhealthy cycle of some form of abuse. Personalities, raising children, acting and reacting, etc., are all hand-me-downs from our oldest living or transitioned relatives.

None of the characteristics of which we developed solely on our own unless we knew otherwise. This happens continuously until the cycle is broken and the generational curse is stopped indefinitely. Unhealthy patterns aren't necessarily taught but mimicked. The people we feel caused this damage aren't always aware that their behaviors are unhealthy and damaging to our mental and could trigger when brought up in other situations. The patterns that these individuals are repeating are behaviors that were more than likely done to them, it's the only thing they know, so they pass it along to their sons and daughters, and they pass it to their sons and daughters, and the cycle continues until it is broken. The patterns and cycles that seem to bombard us can truly be healed and halted if the shadow work is done and done consistently and with love. So, when we see these patterns show up, this is when we make the right steps in becoming aware of them and noticing our part in it as well as others involved. This is

where the rebuilding begins; we take the situation apart, break it down piece by piece, ask the crucial questions, speak with the right people and get the answers that we feel we need to move past this point. If we don't, the cycle will continue and will be passed down repeatedly until someone breaks it.

That someone is you! We have future children and discoveries that will not function properly if we do not put in the work now. In order to reach the people we want to reach and heal the people we want to heal; we must first heal ourselves. Doing this includes recognizing the triggers within ourselves and the patterns that keep showing up and doing something about it. Let's stop becoming the people and family members we never wanted to be and become who we know the world needs. Generations behind us need a better understanding of self-love and healthy relationships. Do the work or continue on the hamster wheel. The choice is yours.

Self-Guide

Questions

- What patterns do you see repeating themselves in your life?
- What do you struggle with the most in your life?
- What pieces of your personality formed from the situations you were in?
- How does it make you feel when a pattern shows up in your life that is unhealthy?
- If you have children, have you seen yourself mimicking how your parents raised you?

Homework

- Write a list of the patterns you see that often show up in your life.
- Write what you can change or do differently to break those patterns.
- Write sticky note reminders of what unhealthy habits you are changing and keep them in a space you will see them often.

Affirmations

- I am breaking generational cycles.
- I am my ancestor's proudest achievement.
- I create new ways to think and react.
- I respond with love.
- I am receiving of love.
- I deserve a life that is peaceful and tranquil.
- I love everyone around me, no matter what.
- I love myself and what my soul has grown into.

LOVE YOUR INNER CHILD

Embracing the inner child:

Embracing one inner child is one of the most important aspects of shadow work.

All the shadow is really if we were to give it a form that we can interact with on an emotional level, is our inner child.

The shadow is your younger self in your formative years before adolescence. Basically, whatever age you were when you first discovered that life is not just pure peace and love.

Just like any toddler who is not getting enough love and attention, our inner child will throw a tantrum. And a small tantrum can escalate into full-blown chaos.

All that our inner child is trying to achieve is to acknowledge the hurt that was caused during childhood and embrace the child, and commit to loving him or her eternally and unconditionally.

Let us continue with a few more examples...

The purpose of these examples is to equip you with how to recognize patterns and unpack the shadow aspect to transmute it into higher frequency energy.

With these next two examples, together with patterns, shadow, and the inner child, I will introduce the fourth observation: the gift.

So we are going to encounter 4 observations:

- The pattern
- The shadow
- The inner child
- The gift

A woman is complaining that she is in an abusive relationship. In fact, her last 3 relationships were abusive.

In this particular case, it was emotional and verbal abuse, but this can be relevant to any type of abusive relationship.

She said she had begun her spiritual journey in hopes to uncover why this was happening and said that she had recognized her pattern.

As we unpacked her childhood and discussed her family dynamics, we came to observe that her mother was verbally abusive to her and her mother's mother was verbally abusive towards her mother, and the same went for her great grandmother and that this was, in fact, a pattern that ran throughout her family history. This was a pattern that was being passed down from generation to generation, continuing the cycle of abuse.

In this woman's case, she did not have any children as yet, but the cycle of abuse was manifesting in her relationship with her partners, where she was once again assuming the role of the victim experiencing the abuse.

As we unpacked things further we found that the verbal abuse from childhood, which she had come to believe is normal and is just another way of expressing love and that there is something wrong with her, was the reason why people treated her this way.

She intrinsically believed that she was the one in the wrong and that she had to be obedient and less of who she was in order to be loved.

We began to talk about how she treats herself. For example, how often does she make herself a priority, how often does she speak up for what she believes in or set healthy boundaries, or how often she nurtures and takes care of herself.

Naturally, the answer to these questions showed us that she did not take very good care of herself.

It also came to light that she verbally abused herself by allowing toxic negative self-talk to persist and infect her subconscious enough to really make her feel worthless to the degree that she did.

The pattern was the abusive relationships she kept manifesting, and the shadow was her own abuse towards herself.

She came to understand, through this exercise, that abuse is not just another form of expressing love, instead, it is a form of projecting one's own unhealed trauma onto someone else.

She came to understand that love is supposed to be healthy, love is supposed to make us feel uplifted and safe, and that it is imperative to

establish healthy boundaries as a form of self-love.

We embraced her inner child, a scared and tortured little girl crying out for her loving arms of protection.

The gift:

This is the part where we acknowledge the gift that has been given to us through having these experiences.

Had it not been for these experiences, she would not have begun her spiritual journey of healing and transformation. She is now working with other abused women and helping them heal and transform their lives.

Because of these experiences she has put an end to the cycle of abuse that was alive for generations in her family.

She had finally terminated the cycle of a shadow pattern running through her family lineage and, in doing so, had saved the next generation from experiencing this shadow.

She knew that when she would one day meet the right partner and start their own family, their household would be free from any form of abuse and she would teach her children from a young age about self-love and healthy boundaries.

These are the gifts she received.

Let us have a look at one more example:

I met a very interesting young man from the States during my travels in South East Asia.

He had just turned 30 and had been teaching English in Asia for the past 3 years and said that he had never been happier and more content in his life.

He had met a wonderful Asian woman whom he fell in love with, and they were engaged to be married.

He told me that his mother had died when he was very young and that his father had thrown himself into his work and had always been hell-bent on making a lot of money.

His father was always concerned with what the ‘neighbors’ thought of them, and he always had to have the latest and most expensive car, he had to be seen at the most expensive restaurants and, of course, had to be wearing name-branded clothing and designer suits.

His father never seemed to get serious with any of the women he brought home and eventually remarried a woman with whom there didn't seem to be much affection but she fit the 'prize' profile as she too was obsessed with her looks and what people thought of her.

She was also senior management where his father had been working and both his father and his father's new wife were successfully climbing the corporate ladder, which in this young man's opinion was merely "a heap of people you needed to step on."

This young man had always possessed an artistic streak and loved to sketch, but his father had shot him down from a very young age and forced the idea upon him that the corporate industry is the only way to make money and that he must find a good job at a good company and work his way to the top through diligence and obedience.

The young American had been in and out of corporate jobs since he had left high school and just did not seem to fit in anywhere.

He began to see himself as a failure, especially under the continual pressure from his father to 'become successful in the corporate industry.'

He tried as best he could to cultivate success in that industry but explained to me that he just did not possess that gluttonous hunger for money that everyone else in the corporate industry seemed to have.

He told me that the whole hierarchy system saddened and confused him as he could not understand how people could treat one another so cruelly simply because of their titles.

He said that all he really saw around him was overworked, depressed people who secretly hated their jobs, running around carrying out orders that came from people who held delusions of superiority which also secretly hated their jobs.

He said that they all continued with this lifestyle because they needed the money. He told me that he noticed how people would literally do anything for money, often at the cost of someone else's emotional wellbeing.

Money and power were the driving force behind this profoundly sick institution called 'the corporate industry', and this young man told me that he did not resonate with this way of living. He said he struggled to hold

down a job, and the energies in these environments used to make him extremely depressed and even aggressive.

He said that very soon, he was being viewed as a failure or reprobate by his family and some of his friends who had become well-adjusted to this sick institution.

One day at the age of 27, he decided to put an end to his life because he believed he had failed at what he had been taught was 'life' and what everyone else was succeeding at. He had no money, could not pay his debts, and saw no way forward.

One night he drank a bottle of neat alcohol and with it drank some sleeping pills.

He said one of his friends had found him and rushed him to hospital, where they pumped his stomach and saved his life.

Upon returning from the hospital to the commune, he was living in, he saw something on social media about teaching English abroad and approached his father to ask him to please lend him the money to pursue this as somehow it felt right to him.

Knowing that his son would probably not survive in the society they were living in, he agreed to help him start a new life abroad provided his son paid him back.

And that is how he came to live and work in South East Asia. He said that working with these children had filled him with so much love and joy.

He said no hierarchy system fed delusions of superiority; there was only camaraderie and teamwork.

He said he made enough money to live and loved his life, and he was telling me how much he loved his job, which he considered to be more of a calling.

He said he sketched in his free time and even sold some of his drawings down at the local market on weekends.

He had fallen in love with his soul mate and was ready to start his own family with her.

I have always thought of this as a beautiful and inspirational story that will be with me forever.

His pattern here was striving to make a success of himself in the corporate world and continuing to pursue jobs that he knew were not suited to him.

His shadow was his feelings of failure and his need to prove himself to his father.

He had realized, only after moving to South East Asia, that the world he had come from was indeed broken, and the people working and living in it were bitterly unhappy, and the rates of suicide and terminal illnesses alone were evidence of that.

He said he realized only after being removed from that world and looking at it from the outside that there was, in fact, nothing wrong with him at all and that the life he was living now to him was his ultimate success and was the life he had always dreamed of.

The gift he was given through experiencing his pain is rather self-explanatory:

A promising new life in a well-adjusted society, the joy of working with beautiful loving children and finding his soul mate, and starting a family of his own.

He told me that he understood the concept of embracing one's inner child. He said that every time he looked at the children whom he taught, he pictured that each one of them was his own inner child, and he gave them all endless amounts of love and encouragement and never ceased to tell them that they could be anything they wanted to in life and all they needed to do was pursue happiness because their own happiness was all that mattered.

Exercise 3:

Visualize your inner child, your young self, the tiny boy or girl who experienced the pain from childhood

Visualize embracing him or her so tightly and give them all your love and acceptance and forgiveness

Imagine them always with you, and when pain begins to show up, hold his or her hand and tell them it is all going to be ok

When you go to sleep at night, imagine holding him or her close to your body and whisper to them how much you love them and that the pain and

rejection is over and that you will be with them and will love them unconditionally forever

You can even put a framed picture of yourself as a child next to your bed, and whenever you look at it, imagine that he or she is your own child and send yourself loving energy

MIRROR WORK

This is the part I have been looking most forward to writing. This has been my biggest realization in this life. I would go so far as to say that if I were to rename this reality from 'Earth' to something else, I would call it 'The World of Mirrors.'

It has become apparent to me from the research into these topics that I have been doing since the age of 17, so for the past 20 years, that Earth was originally created as an alternate reality that souls could visit mainly to practice and advance their manifestation skills, but also experience a dualistic environment which does not exist outside of this reality.

The problem with a dualistic environment is that together with everything 'good,' or high frequency comes everything that is 'bad,' or low frequency.

Since we are all souls made up of energy, the problem was that souls were aligning their vibration with that of Earth and so were no longer a matching vibration to the higher realms and were subsequently becoming trapped here.

Souls would eventually be re-incarnating repeatedly in hopes of raising their vibration or frequency but were entangling themselves even further in the low-frequency web.

Unfortunately, since this is a very dense frequency environment, the moment we become conscious here, we only become one-tenth conscious and lose 90% of our memory.

Earth; however, is not a prison! One of the laws of this entire universe, if not the most important one, is that there is the freedom to choose.

Every soul has free will since this is a free-will universe, there is no such thing as enslavement.

Therefore, this reality is designed to wake us up as to why we are here and what we need to heal in order to raise our frequency and return home.

The most powerful mechanism that has been designed and implemented into this reality to wake us up is the 'mirroring effect.'

Human beings are mirrors for one another.

Everything that is unhealed within yourself will be mirrored back to you through someone else.

Whatever you see in someone else, you carry within yourself, whether desirable or not.

If you are an angry person, you will find yourself in situations where you encounter an angry person or people, and you will either be triggered and dislike this person or people, or you will know that it is a mirror and that there is anger within you that needs to be healed. In this example, the shadow within you is anger, and it is using the mirroring effect to mirror that back to you.

Let us look at more specific examples:

Remember the first example in the previous chapter about the woman who was never able to attract a partner who was able to commit to her because she could not commit to herself?

And remember our steps:

- The pattern
- The shadow
- The inner child
- The gift

The pattern can be defined as:

The mirroring effect repeats itself until you see and hear your shadow.

Her partners who could not commit to her were mirroring back her own lack of commitment towards herself.

The emotionally unavailable people she was attracting were mirroring her own emotional unavailability towards herself.

Let us look at the second example:

The emotionally numb guy who had created a persona that was attracting unpleasant situations into his life.

He was attracting people and situations into his life, mirroring his unresolved issues from childhood back to him. The loveless relationships he was attracting were mirroring the lack of love he believed he had received from his parents, who had put him up for adoption.

Let's look at the third example:

Remember the woman who was in an abusive relationship that had come from a long line of abuse in her family?

The mirroring effect had been repeating itself to her mother, grandmother, and great-grandmother and perhaps even extended back into past lives.

Every time the mother would mirror the abusive tendencies to her child, the child would, instead of healing the pain, choose to project the pain onto their own childlike two mirrors projecting onto one another.

The mother was mirroring abuse onto her child to illuminate the shadow pattern of abuse, and the child was mirroring the innocent abused child back to the mother revealing the shadow pattern of the unhealed inner child.

However, in this case, she chose to look at her partner who was mirroring this abuse back to her and chose to witness the pain inside of herself instead of projecting the pain onto herself or someone else.

Let us visit the last example from the previous chapter:

Remember the young man who was in and out of numerous corporate companies taking on jobs that made him bitterly unhappy?

Not only were these ‘cruel’ people mirroring his own cruelty towards himself by believing he was not good enough and was a failure but so too were they mirroring his own father back to him whom he did not resonate with on a values level.

Being triggered:

Let us talk about the most important element of the mirroring effect.

The one way we know that we are looking into the mirror is that we become triggered.

Triggering causes some sort of uncomfortable reaction. This reaction is caused the moment the reflection from the mirror hits us or reaches our being.

Say, for example, you heat up a mirror and then pour ice cold water on it; the moment the water hits the mirror, it will crack. That cracking is the uncomfortable reaction.

It is called being triggered because it is like a bomb being activated, following this, there is an energetic explosion in your being... anything

from a small quiver to full-blown chaos.

These ‘explosions’ can manifest as feelings of discomfort, or sadness, irritability, anger, and even aggression.

The rate at which you are triggered and the degree to which you are triggered is determined by the amount of unhealed shadow you are carrying.

The mirrors and triggers you attract are directly proportionate to the amount of unhealed trauma you are carrying within yourself.

Let us look at a basic example:

A man works at his company where his boss treats him dismissively and is rude and arrogant towards him.

His manager’s behavior towards him triggers him into feelings of anger. He blames this feeling of anger on his boss and spends years hating his boss.

Upon further investigation, he realizes he too carries this nasty and dismissive streak in his personality when he observes how he has been treating his wife and children.

His anger towards his boss was the trigger, through the mirroring effect and the alarm bells alerting him to his own unhealed trauma.

The mirror does not always mirror something to you that you have done; it can also mirror back to you something that was done unto you by someone else that has left unhealed trauma in the shadow.

Let’s look at this example:

A woman is surrounded by friends who she believes to be vain and self-absorbed, she is triggered and begins to feel apprehensive and distrusting towards them and slowly begins to dislike them more and more.

Upon further investigation, she realizes that her mother was extremely vain and self-absorbed, and she was carrying anger towards her mother for not being more attentive towards her and for not noticing the truly important things in life.

The truly important thing to remember here is that any feeling of discomfort, when confronted by a situation or person, whether it be irritability or full-blown aggression is that it is a trigger and the solution does not lie in blaming the person who triggered you but rather in looking internally and healing the shadow.

Projecting:

Since everything is energy, the energy of what is mirrored back to you cannot just disappear.

Only one of two things can happen to that energy: it can be absorbed or reflected.

If we absorb what is mirrored to us, we are internalizing it and using it as a tool to observe and heal our shadow.

However, if we reflect what is mirrored to us back out again, that is called 'projecting.'

Many of us will choose to project our unhealed trauma and pain onto others instead of healing.

Remember that this is a free-will universe, and we all have the choice as to when we will heal and raise our frequency.

Unfortunately, many people are not aware of this mirroring effect and of the unhealed shadow that is ruling their lives. However, we are in a time now where there is so much more literature and information going around on the internet that at some point, everyone will be made aware of this in one way or another, and then they will be able to make the conscious choice of whether to free themselves or remain trapped.

This is a free-will universe of fairness, and at some predetermined point chosen by the souls themselves, or on numerous occasions, everyone will be made aware of why they are here and about the importance of healing so that they can make the conscious choice of whether to heal or not.

Exercise 4:

Take out your notebook and a pen

Write out the heading: This is my shadow

Make a list of everyone in your life who is causing you to feel triggered, who is causing you to feel uncomfortable emotions

Underneath each name, make a list of what actions of theirs are making you feel this way

On the opposite side, write down how you observe those actions to be evident in your own personality

FORGIVENESS

We all tend to find this topic a bit challenging. It can be tough to give attention to because most of us feel like we should not be doing the forgiving but the other way around. Torture is the outcome of not forgiving someone or something. Torture to who?

Well, when we don't forgive someone and the situation still exist, it's you you're torturing.

You're waiting and waiting for so long for an apology from someone that it's you that loses sleep and you who still feels the negative effects from it, the other person, sleeps like a baby. Not trying to forgive someone for what they have done can be triggering when we think about the situation throughout our normal day. Imagine having a real conversation with someone, and they say or do something that brings up an unpleasant memory; how did it make you feel? Do you notice that not only does the situation and everything tied to it bring up old feelings and emotions, but now you have a shield up and can be triggered by a mere conversation from someone who may be a total stranger? We become stubborn and begin to refuse to forgive another person unless they take matters into their own hands first, because it's their fault anyway, right? Wrong, forgiveness, whether it comes with an apology from another person or not, is for your benefit and no one else's. When conducting shadow work, forgiveness is in the top 3 most important tasks to achieve. It's a crucial part of your growth into a healthy, well-balanced being.

Perhaps you can look at it from the perspective of the person being totally unaware of the hurt and pain they might have caused. Is it your job to drill into their head how they made you feel or how you turned out damaged due to their actions? They have flowed into your space and acted accordingly, and it could very well be that they came for that one specific reason. This is how lessons come in to prepare us for life. As children, we have these expectations that everyone is there to love us and give us room to feel safe and protected. It comes easy for some children to trust the adults in their lives, even if they are present with ill intentions or there for a future lesson to be learned.

There is a vital lesson in everything you do and everyone who crosses your path. How will you handle them?

Forgiving someone should be the close of that chapter. No longer allow it to impact your life and permit yourself to let it go because after this is done, all things will be new. Nothing has happened to you but for you; remember this when you lose sight of the objective. Everything that we have deemed bad or tragic have all been things that have pushed us closer to God, closer to ourselves, and closer to our souls' purpose.

Self-Guide

Questions

- Have you forgiven any of the situations or people that you feel have impacted your life? Why or Why not?
- Do you find forgiveness challenging?
- Have you forgiven yourself?
- How long have you, or do you hold grudges? Is it beneficial?
- Have you noticed your toxic traits and when they show face?

Homework

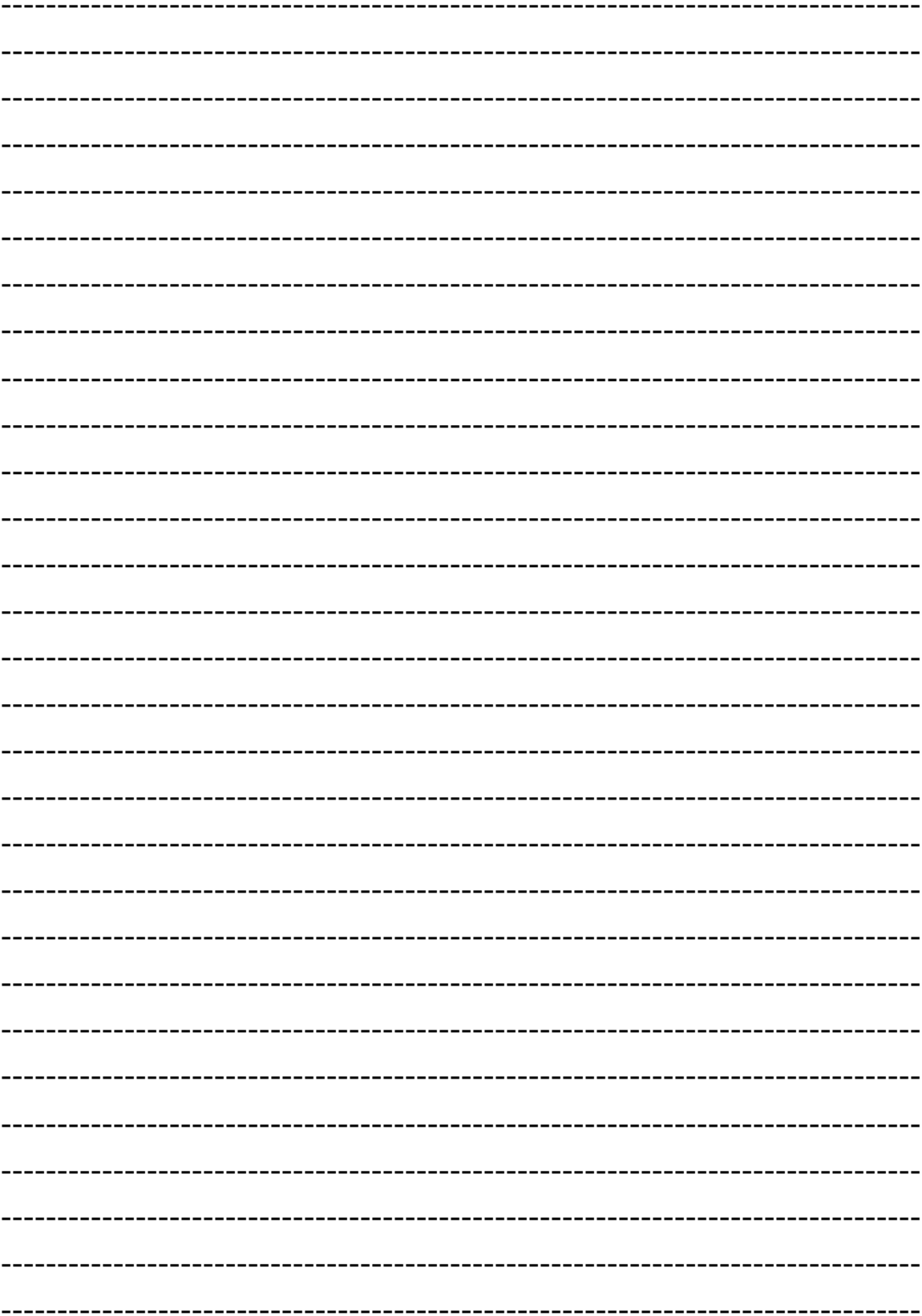
- Close your eyes and use your mind's eye to see the person you want to forgive in front of you, repeat "I forgive you" for 21 sec 3x with a 5-second break in between
- Write a letter to all the people you need and want to forgive. Trash it, burn it or give it to them.
- Light white candles and sit quietly for 5-10 minutes, visualizing a life without grudges or holds, think of being free from all the pain.

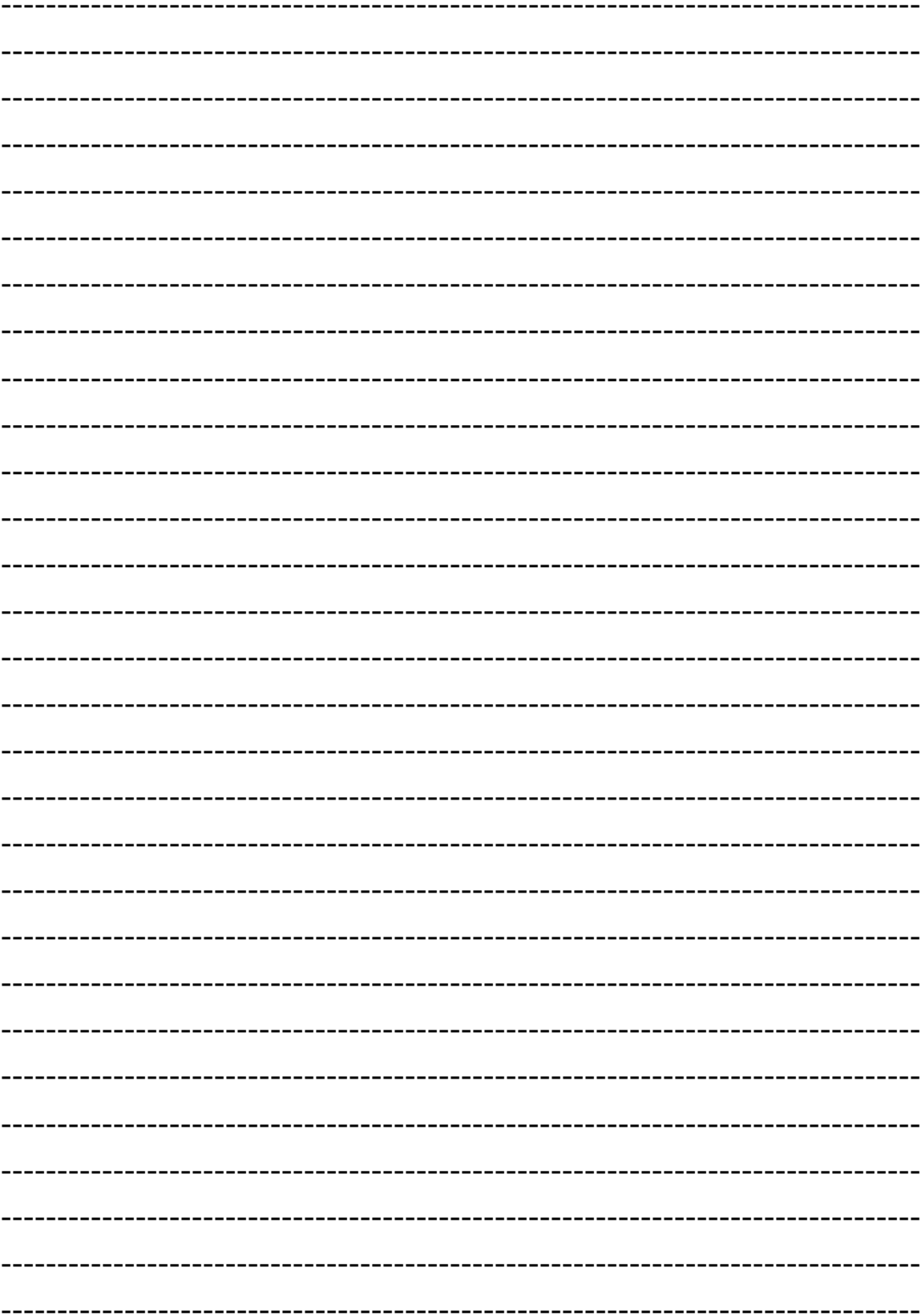
Affirmations

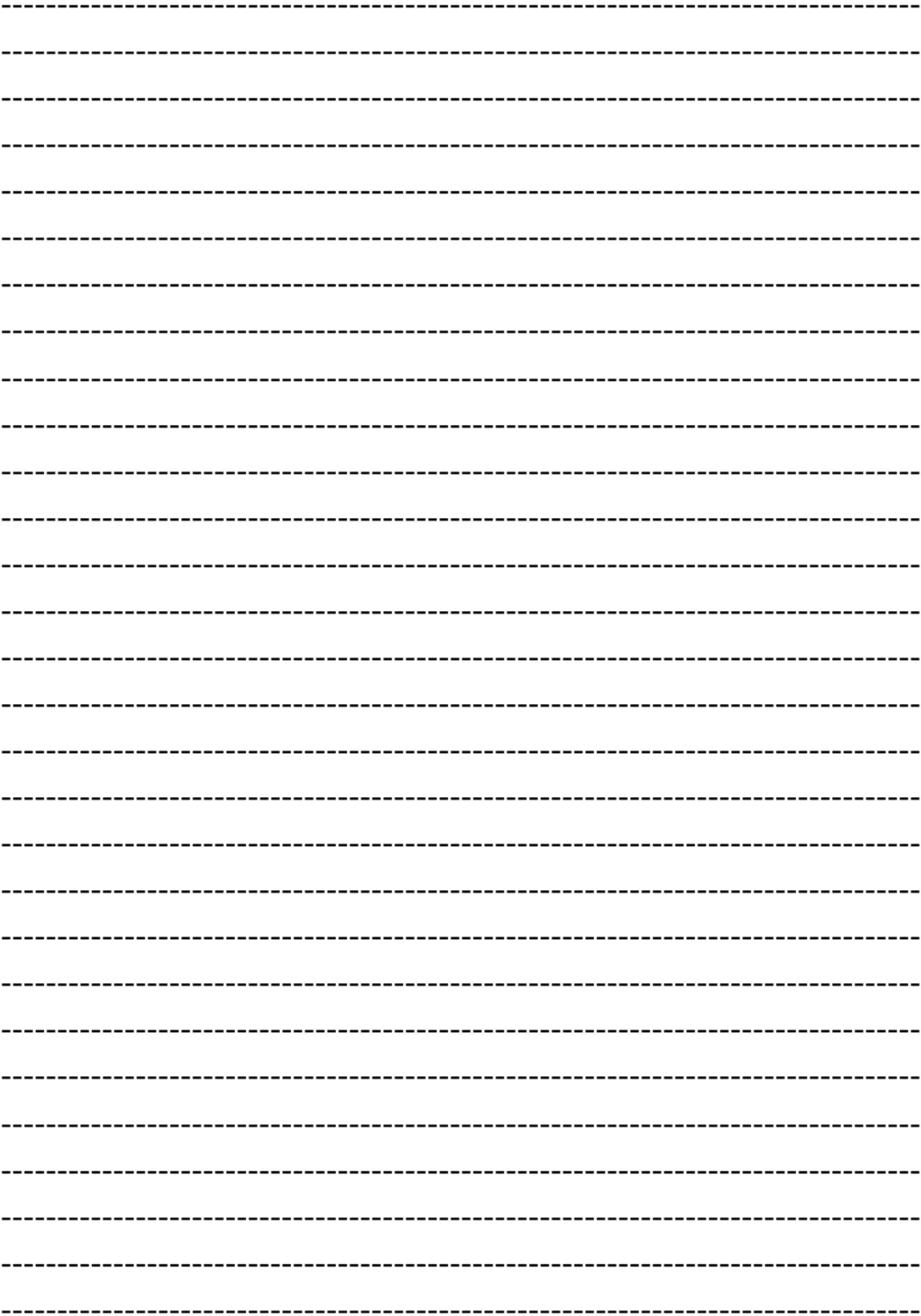
- I forgive everything that has happened in my life I forgive the people who have hurt me.
- I can change my mindset.
- I am the controller of my thoughts.
- I forgive, and I am forgiven.

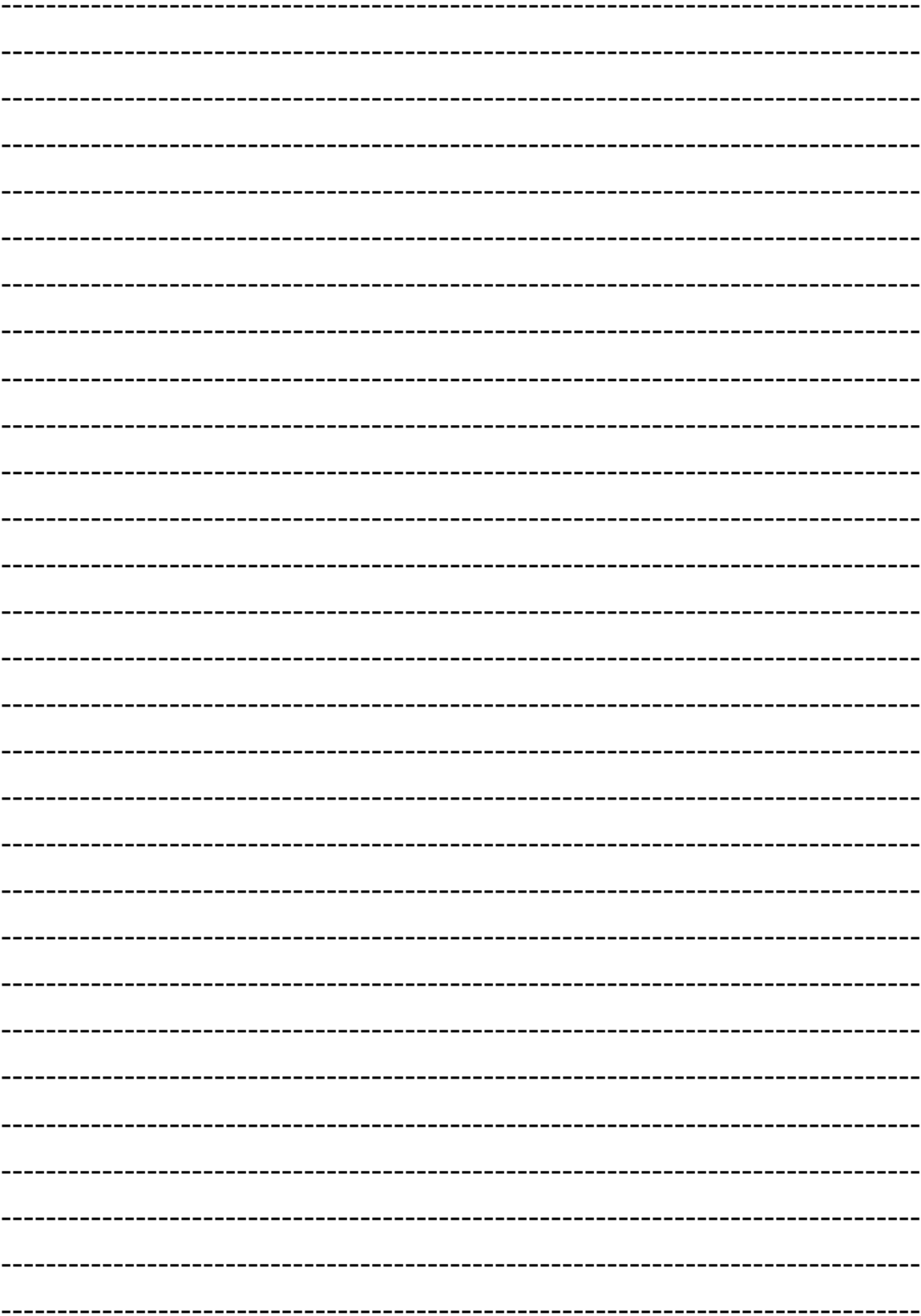
SHADOW WORK NOTES

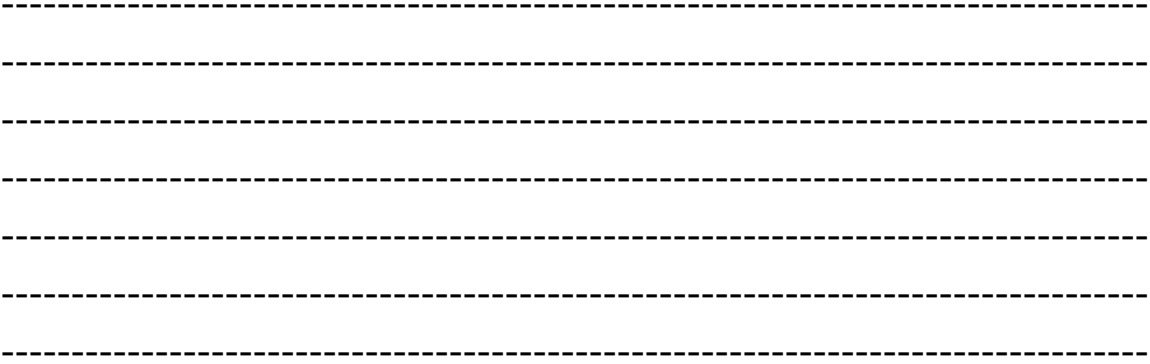
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CONCLUSION

By writing about all of this stuff, I realize that maybe I'll get some negative attention from my inner critic. The truth is that as I've been finishing up this book, I can feel the effects of my inner critic starting to emerge. The comments are starting to come in, and the drama is thick in the air. This is a part of my life now, and without shadow work, I would be in much worse condition. Of course, this doesn't mean that I'm not going to have a long battle on my hands with anxiety and depression issues. In fact, many people on anti-depressants have similar issues with their inner critics because it's so deeply ingrained in our psyches. We're not taught about it in school, and we don't get it from our parents either.

The Shadow Work Journal is a means by which you can use the power of journaling to find peace and happiness. You will be able to log and track your feelings, feelings that are usually blocked in favor of busyness.

On any given day or week, you will be able to observe your moods, thoughts, behaviors—anything that you record in the journal—and then you'll be able to see how these thoughts and behaviors map onto your larger goals.

The journal should help you to overcome procrastination; however, even if procrastination is not an issue for you, the journal will still help you become more aware of yourself. If your moods are out of whack and you're prone to overspending, a journal will help you to track the source of this misery.

After all, writing down your thoughts and feelings can be an enlightening experience.

The Shadow Work Journal is a supplemental tool—it supplements what you already know about yourself and your life. It serves as a mirror for better self-understanding and will allow you to face the truth about where you stand concerning your larger goals and desires.

Your Shadow Work Journal should be used as an integral part of the other work we've discussed (setting goals, decluttering, meaningful work, fighting procrastination).

It's part of your overall process of self-improvement, and you should use it to help you in those efforts.

One Hour a Day

Use one hour each day on your journal. An hour is not much time—it's roughly the same amount of time you spend on eating lunch or taking a shower. Ideally, this hour will be at the same time each day so that it becomes habitual. In this way, it doesn't feel like a chore or an "extra task," but rather something that has become a regularly accepted part of your life.

I recommend that you start your journal by writing down a single word—it doesn't need to be a significant word, in fact, it should come "naturally," but you'll start with this one word to get the idea of what to do.

For example, if you're going on a "first date" later today, you might start your journal by writing "date." This is an excellent starting point as it will remind you of the real issue at hand: setting up a practical date.

Don't worry; other goals will come up quickly.

The next activity is essential and probably something that most people never do: Read through the things you've written in your journal, which may include several pages worth.

This is a good opportunity to reflect on the above word. Ask yourself:

- Does this word summarize what I'm hoping for?
- Why do I want this in the first place?
- Have I set goals that would help me achieve this?
- Have I neglected any opportunities that would help me achieve this?
- Is there something in my life that is getting in the way? If so, what is it, and how can I resolve the conflict? Is there a solution or compromise available to me? (This is not an easy question and will require thinking, so put on some headphones and immerse yourself in music while you contemplate.